

ANTIBIOTICS WHAT YOU MUST KNOW NOW

Reader's digest



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SPECIAL
RECIPE!**



35

THINGS

FOOD

**Companies
Won't Tell You**



**INSIDE THE
CHILEAN
MINE
RESCUE**

**HOW TO
BREAK
UP WITH
FRIENDS**

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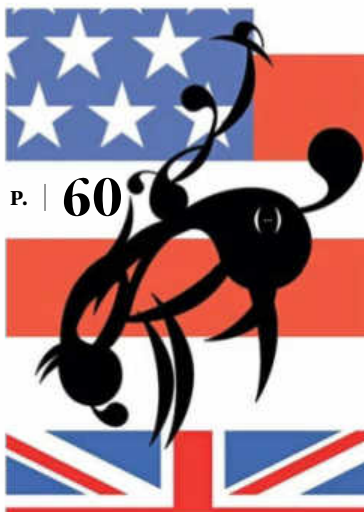
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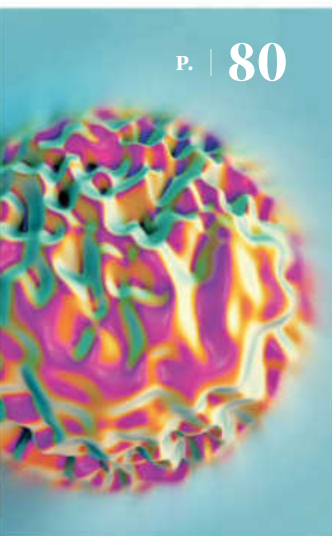


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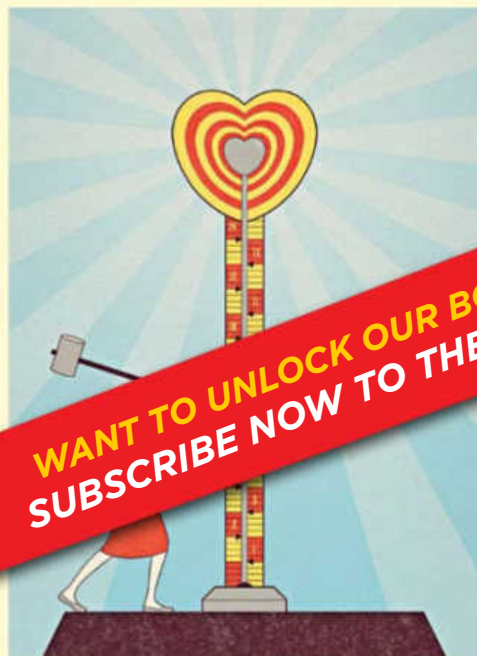
Breaking up with a friend can be just as difficult as a romantic break-up. ASTRID VAN DEN BROEK

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Letters

READERS' COMMENTS AND OPINIONS

Sharing a Special Bond

Like Rithika, I also have a wonderful connection with my grandmother (My Story: "Indian Summer", June), and consider her a constant inspiration. Luckily for me, my Nan doesn't live on the other side of the world and is only a short car ride or (not-so-short) phone call away!

S. McMULLEN

When I read "Indian Summer" I became teary as it reminded me of my own grandmother, who fortunately lives in the same city



as me. Every day I pray for her health so I can still see her smile when I visit. I hope others who read the story will be as touched as I was.

CARISSA HANDOYO

Snappy Ideas

Whenever we have seminars and things are too long to copy on my notes, I just snap the PowerPoint slides with my phone camera (Digest Home: "Just Snap It For the Record", June). It's no hassle and I can keep my attention on the topic rather than focusing on writing everything down.

JHOIE SABIDALAS JUNGCO, *via Facebook*

I always take a picture of the lifts at shopping centres. I can never remember which one to use when

going back to the car park.

SANJAY GOEL-MANJARI GOEL, *via Facebook*

Pushing the Boundaries

There is a dichotomy between what we do personally and what we expect of others ("Why We Bend the Rules", July). I believe most of us want others

LET US KNOW

If you are moved – or provoked – by any item in the magazine, share your thoughts. Turn to page 6 for how to join the discussion.

to treat us honestly in our dealings with them. The Golden Rule is applicable here: do to others as you would have them do to you.

LINDA SOMMER

Giving Credit

Thanks, Mr Hanks, for reminding us: be it ever so humble, there's no place like an institution of higher learning ("Tom Hanks' School Days", July).

EILEEN MERICLE

Here's Something to Digest

When I was a kid, my mum would read Reader's Digest jokes to me. In high school, I'd flip through and find each page that had a joke. When she passed away, I got my very own subscription. Now I know I have truly hit adulthood – I read the entire magazine from cover to cover.

KATIE DENSO



CAPTION CONTEST

Come up with the funniest caption for the above photo and you could win cash. To enter, see details on page 6.

PHOTOS: THINKSTOCK



Sleep Support

We asked you to think up a funny caption for this photo.

We still haven't decided who sleeps on the right side of the bed.

MAUREEN BUCKLEY

Relationships are all about balance.

MARIA PENNISI

Darling, this is *no* solution to our argument of who will make the bed.

NOELEN GINNANE

New parents find staying up a breeze.

NICOLA BEDFORD

I said this room would not be big enough for a double bed!

HELEN CLINNICK

George and Alice were practising for flying on the new standing room-only airline.

JACKY BURKETT

Don't worry, I've got your back and you've got mine!

CHERYLE FRASER

When the cat decides it owns your bed.

LOUISE McKEON

At least we don't have to get up in the morning and get dressed.

KAY GOODWIN

Congratulations to this month's winner, Louise McKeon.

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FOR DIGITAL EXTRAS AND
SOCIAL MEDIA LINKS, SEE PAGE 29.

Anecdotes and jokes

Send in your real-life laugh for
Life's Like That or All in a Day's
Work. Got a joke? Send it in for
Laughter is the Best Medicine!

Smart Animals

Share antics of unique pets or
wildlife in up to 300 words.

Kindness of Strangers

Share your moments of
generosity in 100–500 words.

My Story

Do you have an inspiring or
life-changing tale to tell?
Submissions must be true,
unpublished, original and
800–1000 words – see website
for more information.

Letters to the editor, caption competition and other reader submissions

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Editor's Note

Some Fatherly Advice

MY FATHER WAS NEVER ONE to espouse grand opinions: parenting was more about modelling the behaviours you hoped your children would emulate. So I clearly recall the one time he offered some advice. It was in a busy city furnishing store. For some reason, and I've no idea now why, he and my husband were good-humouredly waiting while my mother and I browsed the sale bins. "If you want my advice for a happy marriage," he offered Paul, "when they ask you if you like something, just say 'It's lovely, dear.'" My mother – who'd been married to this flawlessly kind-natured man for over 40 years – was stunned, and we all laughed.

"It's lovely, dear," is now a treasured family saying. It means a whole lot more than three little words. It means, "I know you care about it a whole lot more than I do." But more than that, it means quite simply, "If you like it, I like it." But we don't say it like that in our family: it's delivered with a wry little smile, just like it was in the aisles of Laura Ashley, a decade or so ago.

Is your dad's wisdom now a part of family folklore ("Like My Father Always Said", page 46)? Do write in and tell me about it.



Great Stories

This issue many of the stories inspired us here at RD, while others amused or even provoked us



“Like My Father Always Said...” (page 46) reads like a trip down memory lane for me. If we misplaced something, asked Dad if he knew where it might be, and there it was just sitting in plain sight, his response would come fast: “What do you call that, a bowl of goldfish?” Like an ancient reflex I’ve whipped that one out more than once on my own son in his six short years (so far). He obediently gives me the look I always gave Dad: confusion; tolerance; maybe an extended eye-roll. Dad would be thrilled and proud.

GREG BARTON, humour editor

As a card-carrying member of the Grammar Police – an unofficial yet necessary body in this age of linguistic laxness - I am always interested in discussions about language (“US and the Rest of Us”, page 60). I’m on board with how and why the US language evolved differently and can put up with dropping the U’s and using Z’s

instead of S’s, but I still think there is no excuse for verbal inaccuracy. Saying “I could care less” when you mean that you could not care any less is just wrong. But top of my list of incorrect Americanisms is saying “should of” rather than the correct “should have”.

ARTEMIS GOUROS,

deputy editor, *Handyman* magazine

I've had a lot of people ask me about putting my art up on YouTube, and it's something I've always meant to look into. After reading Everyone's a Star (page 40), I'm half inspired by these teen vloggers – especially the socially conscious ones – and half overwhelmed by how much is already out there.

LUKE TEMBY, designer



Our readers are awesome people and this month's contributor to My Story (page 14), Murray Pitsikas, is no exception. With his buoyant and upbeat attitude to life, Pitsikas has pursued his love of travel to exotic locations, and in doing so has encountered many amazing and, sometimes, troubled folk. His simple words of encouragement – and unusual gift – helped one desperate young man in India change his life. It's proof that one person can make a difference. I'm sure you'll agree he is a mighty generous soul.

LOUISE WATERSON, managing editor

I love the idea of, as Henry puts it, "Robots for Humanity". Aside from "The Story of Henry and Jane" (subscriber bonus) being a remarkably inspirational story of how this couple is adapting to life with quadriplegia, it reminds us that disabilities don't diminish us as human beings.

VICTORIA POLZOT, editorial coordinator

Do you have a favourite story in this issue? Write to us: details on page 6.

A scientist friend first forwarded me a link to Dr Jürgen Otto's amazing peacock spider photos and videos ("Peacock Spider Man", page 72). One look at the beautifully coloured, comically dancing little fellows and I was smitten! Despite searching on bushwalks, I'm yet to find one in the wild. Thank goodness for the eagle-eyed Dr Otto.

DONYALE HARRISON, chief subeditor

When it comes to handy tips like how to save money by fiddling around with the grommets on the back of your fridge or ways to get cat fur off your sofa (and I don't even have a cat), I'm your girl. So I read "14 Simple Ways to a Healthier Life" (subscriber bonus) with interest. Most useful is how to get in and out of a chair and hopefully build yourself a body like Elle Macpherson at the same time.

MELANIE EGAN, deputy chief subeditor

A warm welcome from a loud and friendly Aussie turned Filipino Ariel Padua's life around

With Help from Uncle Lee

BY ZARAH PADUA

Zarah Padua, 43, lives in Adelaide with her husband Ariel and their three sons. When she's not working as an administration assistant, Zarah loves to read, visit art galleries, and spend time outdoors.

MY HUSBAND ARIEL arrived in Adelaide, South Australia, in the middle of winter, 2012. He was a migrant from the Philippines, hoping to create a better future for our children.

Starting a new life in a foreign land far from the support of friends and relatives seemed an insurmountable task. Ariel was raised in a family whose life centred around the renowned Naga College Foundation, a school his grandfather had built in Naga City.

He had attended the school himself and, after graduating with a degree in economics from the University of the Philippines in 1988, he returned there to work in the family business with his grandparents, mother and uncles. We were married in 1995 and built a home close to both our parents as well as the school. But opportunities were limited for our sons, so when Ariel had the chance to try for a new life in Australia, he took it.

In Adelaide, Ariel stayed in one room in a house rented to boarders and took on the task of looking for a job. But, with one rejection after another and money running low, after four months he was already contemplating coming home.

Then he met a friendly local man named Lee. They both regularly attended a vegetarian group. After chatting several times, Lee invited Ariel to visit Victor Harbor with him. When



he heard of the difficulties Ariel had been facing, Lee kindly offered him a room in his home for a tiny rent. With this offer came the company that Ariel so longed for.

Not being used to calling people we respect by their first name, Ariel decided to call Lee “Uncle”. Lee laughed it off at first but eventually got used to it. With his big laugh and loud voice, Lee is the exact opposite of my quiet, timid husband. He showed Ariel the best places to shop for bargains and taught him Australian slang. More importantly, he encouraged Ariel when he felt down, as Lee is a trained psychiatric nurse.

When it was my time to join Ariel, Lee welcomed me into his home with a hug. This made me feel that everything would be fine. After four months with

From left: Zarah, Ariel and their children share a meal with Uncle Lee and Ariel's parents in Adelaide

Lee, and with our three sons ready to join us, we left his home to start on our own. He insisted on helping us move, driving a trailer loaded with our belongings and appliances given to us by him and his friends.

Two years on we are still in Adelaide, working and loving this city with its beaches, parks and people who wave and smile. Uncle Lee holds a special place in our hearts. He opened his home and heart to us – complete strangers – without asking for anything in return.

Share your story about the kindness of strangers and win cash. Turn to page 6 for details on how to contribute to the magazine.

Unbelievable

TRUE TALES TOLD TALL



Brain Picking

Nury Vittachi is not open-minded about eating brains

A TRIBE OF PEOPLE who ate human brains became immune to several deadly diseases, scientists said. The report was shown to me by a gourmet who took offence to an article I once wrote about an East Turkestan restaurant in Shanghai where the signature dish – this is not a joke – was Cold Raw Sheep's Brain.

"I bet you feel stupid now," said the gourmet, a 42-year-old foodie who did not want his name, weight or waist measurement printed.

At the time, I strongly advised the restaurant manager to present his menu only in French, so his top dish would become *Froid Brut Cerveau de Mouton*. Everything's better in French.

ILLUSTRATION: ANDREW JOYNER

Google translates “inedible stuff that tastes like garbage” into *choses non comestibles qui goûtent comme des ordures*, which sounds pretty good, right? I’d order that. But the restaurant guy totally didn’t get it, replying that if I thought it sounded horrible and disgusting, I could have his other specialty: Cold Raw Horse’s Brain.

A workmate reading over my shoulder put in her penny’s worth, saying: “This proves the zombies were right all along.” I was about to tell her that zombies only existed in bad movies but stopped myself, not wanting to trample on her deeply held spiritual beliefs. Anyway, since zombies only eat brains, in the event of a zombie apocalypse, she should be just fine.

But I did look up the original science report (in the journal *Nature*) and found that what it really said was that members of the Fore tribe in Papua New Guinea used to eat human brains in large numbers and are now genetically resistant to several fatal brain diseases like a mad cow-like disease – because only those with an immunity mutation survived. In other words, part of the tribe now cannot get brain diseases, which in health terms is a Very Good Thing, while the other members are stone dead, which in health terms is Less of a Good Thing.

In truth, the discovery is an excellent reason to avoid eating brains (or any other deadly foods) while actively encouraging everyone else to do so. *We interrupt this column to remind readers that burgers and fries are delicious, mmm-mmm-mmm, and wouldn’t you love to have an obscene amount of them right now?*

“

**Members of the
Fore tribe in
Papua New
Guinea used to
eat human
brains in large
numbers**

A scientist quoted in the report said that the finding proved that human evolution was continuing at high speed. So it can only be a matter of time before mothers have eight arms and teenage girls have phones where their right hands used to be.

One friend says that the strongest argument

against evolution is the existence of people who comment on YouTube videos, which is a pretty powerful point, I admit. But they could be just dead-end mutations off the side of the human evolutionary tree, right?

At school, my brainy biology teacher explained how we had all evolved from apes, and then he looked at me, and added: “Except for one or two of us who clearly evolved from sloths, and did not evolve very far.” I comforted myself with a nice thought: the zombies would eat him first.

Nury Vittachi is a Hong Kong-based author. Read his blog at Mrjam.org

A practical gift from a traveller to India has long-term consequences for the recipient

Channelling Good

BY MURRAY PITSIKAS

Murray Pitsikas lives in Western Australia. He loves singing as well as the outdoors – particularly going on picnics.

TRAVEL HAS LONG BEEN A HUGE PART OF MY LIFE. I am not your typical traveller. Over the last 46 years of travelling and the 65 countries I have visited, I have never pre-booked accommodation nor joined an organised tour. I prefer the no-frills experience. I like to limit myself to 7kg of luggage – enough room for the necessities and two radios.

I was in my early 30s when I decided I would buy radios from garage sales in Perth and give them to people I encountered during my travels who were down on their luck. Since then I've always packed one radio for personal use and one to give away. Collectively, I have parted with more than 300 radios over the last three decades, but there was one exchange that has really stuck with me.

In late 2006, I visited the sacred Hindu city of Puri on the eastern coast of India. It was my third visit, and over five weeks, I explored the city's fabulous buildings, feasted on masala dosa, and indulged on cardamom tea and fresh home-baked biscuits at street stalls. One evening, after I had finished my swim and the sun was starting to set, I noticed a young man no older than 25. He sat on the beach clutching a full bottle of alcohol. "Are you fond of alcohol?" I asked him.



"No," he replied. "I normally don't drink, but this is once in a lifetime," he replied in broken English.

"What's the celebration?" I asked.

He told me he was unemployed, depressed and disappointed with his life. He explained that the alcohol coupled with a jar of tablets would solve his problems and that I was witnessing his final hour. Shocked by his confession, I sat with him and we talked at length. We discussed the beauty of his beach, with its sunshine and white sand. We talked about the joy of good health when

there were people living in the city suffering from leprosy, elephantiasis, tuberculosis, malaria, to name a few. Finally, I told him that while he had his youth, mine had vanished at my 53 years of age, and from my position, I thought he had a lot to live for. All the while, my radio was playing quietly in the background. "Here, have my radio," I offered. "It's a great companion no matter what." I could see that he was quite shocked by the gift, but accepted it with gratitude.

By August 2014, I had long forgotten my encounter with this man and returned to Puri to escape the Australian winter. Three weeks into my trip, I finished a swim at the beach and went to an internet café to send some emails to family and friends. I am not particularly tech-savvy so I asked the shop attendant to help with setting up the emails. As I typed away, I noticed some

music coming from a grubby radio sitting on the front desk. When I approached the desk to pay, I asked the shop attendant, "Have you had your job long?"

"Since January 2007," he explained with a smile. "I heard the job advertised on my radio and came straight down."

"Well, that is a fine radio," I said, taking a closer look.

"Yes," he said. "It was a gift from the Australian gods."

This was the same man I had met on the beach all those years ago and, while he didn't recognise me, this comment caused the memories to flood back. I didn't remind him that it was me who gave him the radio, but I couldn't help but smile to think how far they had both come.

I paid him, then wandered down the street and bought myself a cardamom sweet tea and some biscuits to celebrate.

* * *

YOU CAN CHOOSE YOUR FRIENDS...

*Sometimes relatives can do the strangest things - as recounted by
Tweeters posting on the topic of #myweirdrelative.*

My cousin lost a tooth. Instead of giving it to the tooth fairy, he taped it to a stick to use as a weapon "like his ancestors did".

@yeskiaa

My uncle always wraps our birthday gifts in the obituaries to remind us of how lucky we are to celebrate another year.

@Doofenyoyo

THE DIGEST

HEALTH

HOT TOPIC

How Do We Protect Our Good Gut Bacteria?

WHAT IS IT?

The “human microbiome” is a community of more than 100 trillion microorganisms – including bacteria and fungi – that live in our gut, mouth, skin and elsewhere in our bodies. Increasingly, researchers are finding out more about how gut bacteria – particularly the bacteria that is unique to us individually – influence our digestion and health problems such as allergies, cancer and obesity.

HOW CAN WE KEEP OUR GUT MICROBIOME HEALTHY?

Individuals with a less diverse gut microbiome had more body fat and higher insulin resistance than those with more

bacterial richness, reported scientists in two studies published in *Nature*. In overweight individuals, a high-fibre diet with lots of fruits and vegetables increased bacterial richness and led to improved symptoms of obesity.

WHAT ABOUT ANTIBIOTICS, WHICH KILL GOOD BACTERIA ALONG WITH THE BAD?

A 2012 analysis published in *The Journal of the American Medical Association* found that people who consumed probiotic products had a lower risk of diarrhoea after

using antibiotics. So when antibiotics are necessary, nurture your gut microbiome with yoghurt, sauerkraut, miso soup or dark chocolate which are all high in probiotics.



Ask Your Pharmacist

Get the full story before starting a new prescription

BY SAMANTHA RIDEOUT

I HAVE X MEDICAL CONDITION. IS THIS DRUG STILL SAFE FOR ME?

Allergies and diabetes are among the conditions that don't work well with certain drugs. If possible, always use the same pharmacy, advises Kathy Vu, of Cancer Care Ontario, so the pharmacist can track your prescriptions and flag any potentially dangerous interactions.

THE INFORMATION LEAFLET MENTIONS A SCARY SIDE EFFECT. HOW GREAT IS THE RISK?

Although it's essential to know which side effects to expect, reading drug information leaflets can make patients more anxious about their prescriptions and less likely to take them faithfully. Keep in mind: most listed reactions are minor or very rare.

ARE THERE FOODS TO AVOID WHILE TAKING THIS MEDICATION?

Certain foods affect how your body breaks down and absorbs a drug, and this can lead to exaggerated or reduced effects, says Vu. Known problems include grapefruit and certain blood pressure medications.



WHAT DOSE SHOULD I TAKE?

Health professionals are only human, and errors happen. It never hurts to ask your pharmacist to double-check the dosage. They can also explain any important parts of the dosage instructions such as hours between doses and what constitutes enough food for medicines that need to be taken "with meals".

IS THERE A CHEAPER CHOICE?

Doctors often write prescriptions for brand-name drugs because the names are well known. Ask if there is a generic that would work just as well.

NEWS FROM THE World of Medicine

Families That Game Together Stay Together

Facebook games may actually do some good in your life. Researchers at Concordia University in Montreal found that while only 44% of 163 questionnaire respondents played social network games with family, those who did strengthened their connections. "Grandfathers are playing online games with granddaughters, mothers with sons. These multi-generational interactions prove social networks are tools that break down both communication and age barriers," says study co-author Kelly Boudreau.

Walk Off Sugar Craving

Exercise may be a valid strategy for managing food cravings. In a study at the University of Innsbruck in Austria, about 50 overweight participants walked for 15 minutes on a treadmill one day and remained sedentary another

day. In both cases, they were given a test designed to trigger stress and were asked to unwrap a sweet but not eat it. After walking, participants reported fewer cravings during the test and while holding the sweet than when they didn't walk.

A Little Grandparenting Sharpens the Mind

Spending just the right amount of time caring for grandchildren can keep the mind sharp and lower the

risk of developing cognitive diseases, according to the Women's Healthy Ageing Project in Australia. The study observed the cognitive function of 186 older women. The grandmothers who helped with childcare at least one day per week scored highest on the tests, while the women who spent five or more days a week with their grandkids scored significantly lower. The researchers suggest that feeling overextended dampened the mood of those grandmothers.



Travel Vaccinations

Got a case of wanderlust? Know which shots are recommended before you head out

ASK ANY GLOBETROTTER: the world is full of interesting people and places, but it's also full of nasty bacteria and viruses. Fortifying yourself against infectious diseases is a lifelong process, especially if you like to travel.

TO KEEP LOCAL INFECTIONS FROM SPREADING, the World Health Organisation recommends that all travellers be immunised against measles, rubella, mumps, diphtheria, tetanus, whooping cough and polio. These shots are routine in most developed countries, but a holiday is a good excuse to confirm you got them as a child.

ADDITIONAL VACCINATION MAY BE IN ORDER, depending on the time of year, your destination, health, age, and planned activities. With all of these factors to consider, your best bet is to visit a doctor, ideally at least four weeks before departure (in case you require multiple doses).

LAST-MINUTE TRAVEL PLANS ARE NO EXCUSE FOR SKIPPING THE DOCTOR: you can still learn about potential risks and steps to take to avoid them, such as wearing insect repellent or eschewing tap water. And some vaccines can be effective right away: if someone gets the hepatitis A shot just before leaving, "in most cases it will prevent the disease even if the traveller is exposed immediately after arriving in their destination country," says Dr Phyllis Kozarsky, a consultant for the Centers for Disease Control and Prevention.



PHOTO: THINKSTOCK

Making Sense of Popular Diets

Answers to everyday health questions, based on the freshest research findings



THE DIET	THE GOOD	THE BAD	THE ANSWER
JUICING The new cold-pressed juicers crush produce into more nutrient-rich elixirs than their predecessors. Proponents claim juicing can boost the immune system and increase energy.	It's "an easy way to get a high dose of nutrients," says dietitian Lindsay Jang.	It can be expensive: eight carrots might only produce 250ml of juice. Extended all-juice cleanses can lack the fibre, protein and fats necessary for full nutrition.	Limit consumption and focus on homemade vegetable juice; fruit can spike blood sugar.
PALEO Taking a cue from our prehistoric ancestors, Paleo dieters eschew processed foods (including bread and cereals) for lean meats, nuts, seeds and produce.	Dietitian Shauna Lindzon says the low-sugar diet can help maintain insulin levels.	The plan prohibits grains, legumes and dairy, Lindzon notes, so "you miss out on nutrients like calcium and magnesium, which are essential for bone health."	Eat fresh, unprocessed foods whenever possible, but avoid eliminating entire food groups.
ALKALINE This latest diet craze separates food into alkaline- and acid-forming categories. Advocates insist high-acid items can disrupt pH balance and lead to osteoporosis and cancer.	The diet strongly recommends limiting our intake of processed, packaged and sugary foods.	"Our acid-base balance is regulated by the kidneys and lungs, not by the foods we eat," Lindzon explains. "The science is not behind this diet!"	Focus on produce, grains and seeds, but leave the pseudo-science out of it.

Be a Spotless Gourmet

Don't let the clearing up put you off cooking – here are some simple tricks to keep your kitchen clean

For cleaner counters, place all ingredients on an empty baking tray prior to starting the steps of your recipe. This will help you catch spills and avoid wasting time hunting for an item as you cook.



As you cook, toss vegie scraps, eggshells, and other compostable garbage into a large bowl, ready for your green waste. Put non-compostable scraps into another bowl, lined with a plastic bag to make cleanup even easier.

Break a glass? If a tumbler tumbles, pick up the shards with a slice of white bread – even tiny slivers will cling to it.

To protect a cookbook or recipe card from splatters and stains, place it under a glass pot lid.

To prevent an olive oil bottle from becoming greasy, secure a folded paper towel around its neck with a rubber band; the towel will absorb any drips.

While things simmer on the stove, start washing some of the dishes so you don't have to do them later.

Five Things You Should Really Never Microwave

BY KATIE ASKEW

■ **HARD-BOILED EGGS** The rapid heat from the microwaves creates a lot of steam in the egg, which has nowhere to escape. Exploded egg is hard to clean up – trust us.

■ **MEAT** Frozen cuts of meat are tricky to defrost in a microwave: Thinner edges start cooking while the thicker middle remains frozen. The safest way to thaw meat is to defrost it overnight in your refrigerator.

■ **TRAVEL MUGS** Stainless steel mugs block the heat from warming your coffee or tea and can damage your microwave instead. Remember: no metal utensils, cookware, containers or aluminium foil in the microwave. Ever.

■ **PLASTIC CONTAINERS** Many plastics contain compounds – called plasticizers – that mimic human hormones (BPA is a well-known one), which can leach into food when the plastic is heated. In a study



published in *Environmental Health Perspectives*, 95% of 450 plastic products (such as baby bottles, zipper-top bags, and containers) tested released plasticizers after they were microwaved. Even products labelled “BPA-free” released some compounds that may contaminate food in direct contact with the container. To reduce your exposure, look for containers labelled “microwave safe”, or decant your dinner into a glass or ceramic dish before warming it up.



7 Home Pages That Keep Your Brain Young

BY AMY-MAE ELLIOTT

For Generations Y and Z, the internet is a second home. But for the rest of us, there are real treasures we're missing. Learning something new every day keeps your grey matter youthful, so set one of these as your computer home page to start the morning with a neural workout.

SURPRISE FACTS

Discover something new – like what happened to the flags left on the moon – every day of the week. www.todayifoundout.com

THIS DAY IN HISTORY

Peer into the past with wars, criminal trials, natural disasters, sports, music, literature, politics and cinema. www.history.com/this-day-in-history

GOOGLE DOODLES

Visit the Doodle page to see what Google is celebrating each day. www.google.com/doodles

A POEM A DAY

Read an original, previously unpublished poem on weekdays and classic poems on weekends. www.poets.org/poetsorg/poem-day

WORD OF THE DAY

Learn the meaning of words like grubstake, tinnabulation, and zaibatsu every morning. www.merriam-webster.com/word-of-the-day

ASTRONOMY PICTURE OF THE DAY

Stargaze from the comfort of your desk with a fresh image from NASA, complete with an explanation from a pro astronomer. apod.nasa.gov

PHOTO OF THE DAY

See the world through National Geographic's photo archives. photography.nationalgeographic.com/photo-of-the-day

Adapted from Mashable.com

ILLUSTRATION: SEAN MCCABE

MONEY

How to Make Good Financial Decisions

Is it time to spend, save or splurge? Here are the six most basic questions to ask yourself each time you open your wallet.

CAN I AFFORD IT? This should be the first question you ask when reaching for your credit card. If you have to borrow money to make the purchase, then you probably can't afford it. Another strategy involves calculating how many hours, days or weeks at work it'll cost to pay it off.

IS THIS A NEED, OR A WANT? Before making the purchase, create a mental list to see how much use you'll get out of it and whether this is a need or simply a want.

ARE THERE HIDDEN OR ONGOING COSTS? Often the spending doesn't end with the initial purchase. For example, buying a car involves extra costs

such as registration, maintenance and repairs. Be aware of how these will add to the total cost.

WILL THIS PURCHASE APPRECIATE/DEPRECIATE? New gadgets such as mobile phones often depreciate, so sometimes it's better to wait before grabbing the latest model.

IS IT GOOD VALUE? While the cheapest option is tempting, it doesn't always pay off. For example, if you spend less on a dishwasher or washing machine, you may end up paying more in regular repairs.

WILL IT PAY ITSELF OFF? An investment property can create a rental income, which

can help to pay off a loan. Consider the big picture when making decisions – sometimes you need to spend money to make money.

Source: BT Financial Group



Doze off to the sounds of lions roaring as zoos in major cities offer sleepover experiences

Wild Nights at the Zoo

It's the animal world's answer to *A Night At The Museum*:

ZSL London Zoo, UK Children (and parents) can curl up with creepy-crawlies like giant millipedes and locusts at the zoo's "BedBUGS" sleepover. Participants can learn about the 140 species in the zoo's BUGS (Biodiversity Underpinning Global Survival) programme and also get up close with some of its larger invertebrates.

Wellington Zoo, New Zealand
You can book the Wellington Zoo

for a private slumber party for up to 20 people. For the brave, there's even an opportunity to feed a dinner snack to red pandas, cheetahs and lions.

Taronga Zoo, Sydney, Australia
Share stories and hang out with the residents at the zoo with the million-dollar harbour view. Then enjoy a gourmet buffet dinner with other animal lovers before exploring with one of the keepers. Wake up in your cliff-edge "glamping" tent (complete with double bed and duvet), then get moving with some early morning behind-the-scenes action. The zoo hosts Roar & Snore adult-only nights in addition to its family programme.

Aquaria KLCC, Kuala Lumpur, Malaysia "Sleeping with the fishes" gets a whole new meaning with this kids-only experience. The brave can feed the "Malaysian Giant Monsters at the Malaysian Flooded Forest" and see what sharks and other marine animals get up to when the lights go out. There is also a workshop on turtles, as well as otter and piranha feeding.

*Safari-style
tents at
Sydney's
Taronga Zoo*



DIY City Guides

When Benjamin Franklin wrote

“Guests, like fish, begin to smell after three days,” he summed up the problem those with a busy schedule face when trying to keep out-of-town visitors entertained. Create your own guidebook or folder of local knowledge and your guests can choose their own adventures while you’re unavailable.

GENERAL INFORMATION At the front of your guidebook, list essential phone numbers like:

- emergency numbers including police, fire station and ambulance.
- your home, mobile and work numbers.
- the numbers to ring for lost or stolen credit cards.
- if you or your guests have pets, the contact number and address of the local vet.

GETTING AROUND Help your guests by mapping out some options for travel, including:

- phone numbers for taxi services.
- options, prices and locations to purchase tickets or travel cards (add



in a prepaid card to get them started).

- maps of the local bus and train routes plus a list of the relevant train lines or bus numbers. Highlighting your local station or bus stop on the map will make travelling even easier for your visitors.
- road maps of the local and broader area for visitors exploring by car or on foot.

OUT AND ABOUT While official guidebooks are often packed with ideas for major attractions, try adding some of your own unique suggestions:

- personal tips or reviews about popular local galleries, museums, animal parks, and places of interest.
- a list for shopping enthusiasts, covering good shopping centres, bookshops, clothing stores, and antique shops. Making note of local boutiques, markets and second-hand stores will give your guidebook a personal touch.
- a list of your favourite cafés and restaurants, taking note of eateries that cater for special dietary needs such as vegan or gluten-free.

Lego Lost At Sea

On February 13, 1997, the container ship *Tokio Express* was hit by a massive wave 30km off the coast of Cornwall, UK. While 62 containers were knocked overboard, it was the one that held nearly 4.8 million pieces of Lego that has caused the most waves. Washed-up Lego pieces have been found on the beaches of Cornwall ever since and, almost 20 years later, Lego enthusiasts are still sifting through the sand and scouring rock pools to discover some of these lost treasures.

In a strange twist of fate, many of the Lego pieces are nautically themed. In addition to dragons and daimes, the pieces include 26,600 life preservers; 418,000 diver flippers; 13,000 red or yellow spear guns; and 4200 black octopuses. The black octopus is the most sought-after piece, with reportedly only three emerging from the sea over the last 18 years.

The Cornish community aren't the only ones to have stumbled across some of the long lost Lego. Proving the power of the ocean's currents, a Melbourne local stumbled across



a flipper that many believe came from the *Tokio Express* spillage. According to US oceanographer Curtis Ebbesmeyer, the pieces could have drifted 100,000km since 1997, meaning that they could wash up on almost any beach around the world for centuries to come.

Considering these plastic figures have been floating in the ocean for almost two decades, they are still in remarkably good condition. Whether you consider this a good thing (for Lego enthusiasts) or a bad thing (for environmentalists), it is obvious that the plastic does not decompose easily.

So whether you're an environmentalist or part-time treasure hunter, here's your motivation to search the sands until the remaining four or so million pieces are found.

JOIN THE CONVERSATION

Four great reasons why you should join us online...

We give away cash and prizes

Join fun competitions and quizzes



First look at future issues

Get a sneak peek at upcoming stories and covers



We give great advice

Get regular home, health and food tips from The Digest



The most wasted of all days is one without laughter

E.E. CUMMINGS, poet



We help you get motivated

#QuotableQuotes and #PointstoPonder to get you through the day





COVER STORY

35 *Things* **Food** *Manufacturers* *Won't Tell* *You*



Ever wondered what is really going on behind closed doors when it comes to how your food is produced? People in the know share some hard facts and instructive opinions

BY MICHELLE CROUCH

1 We showed people two chocolate bars, but one had a green [nutrition] label, and the other, a red one. People were much more likely to say the green-labelled product was healthier.

JONATHON SCHULDT, *director of Cornell's Social Cognition and Communication Lab*

2 When you see a buy-one-get-one deal or other promotion at your local grocery store, food companies are often the ones giving you that, not the store. Stores can require us to run sales a certain number of times per year.

JASON BURKE,
founder of a grass-fed beef company

3 The term “multigrain” usually means a product is not a healthy choice. People confuse it with “wholegrain”, but all it means is that several kinds of grain were used. The first ingredient should be wholegrain.

KATHERINE TALLMADGE,
nutritionist and the author of Diet Simple

4 People are nervous about synthetic flavours. But as more nations develop Western tastes for food, we may not have enough natural sources. Take vanilla, which comes from the seeds of an orchid. If everyone in India wanted a vanilla milkshake at the same time, there wouldn't be enough. But we have discovered a way of making vanillin from algae. It tastes, smells, and acts like regular vanilla, and your body cannot tell the difference. **KANTHA SHELKE**, *food scientist*

5 People think crackers are healthy, but in many ways, they're as bad for you as chips. Your typical cracker is made with refined grains and flavouring built around fat, salt and sugar. Then preservatives are often added so the crackers can sit on the shelf for a year. Also, wholegrain crackers are rare. Ninety-nine per cent of crackers out there are a treat.

BRUCE BRADLEY, *author of Fat Profits*

6 The red colour in many foods comes from crushed insects. If you see carmine or cochineal extract in an

ingredients list, the product contains a little powdered bug. But aside from being an allergen for a small number of people, it's considered safe.

DANIEL TAPPER,

author of Food Unwrapped: Lifting the Lid on How Our Food Is Really Produced

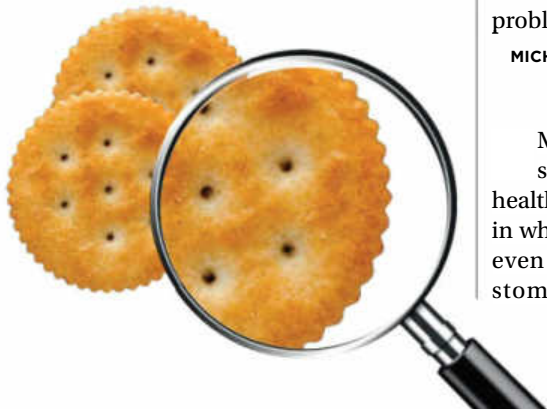
7 Some producers hide sugar by giving it different names such as high-fructose corn syrup, cane crystals, dextrose, evaporated cane juice, agave nectar and fruit juice concentrate. If a product has a lot of sugar, some companies will intentionally use two or more different types so sugar doesn't end up being number one on the ingredients list. **DR WALTER WILLETT**,

Harvard School of Public Health

8 Studies have shown that trace amounts of pesticides are routinely present in foods. Other ingredients come from the packaging. When food is in a box, tiny bits of cardboard and the chemicals used to produce the cardboard get into the food. The same with plastic. BPA – an industrial chemical that has been linked to health problems – is the biggest example.

MICHAEL JACOBSON, *Center for Science in the Public Interest, Washington D.C.*

Many high fibre products are stuffed with fake fibre. It's not as healthy as the naturally occurring fibre in wholegrains and vegetables. It may even cause gas, bloating, and other stomach problems. Watch out for



chicory root, maltodextrin and polydextrose on the ingredients list.

ROBERT J. DAVIS,

author of Coffee Is Good for You

10 Baked, popped or low-fat chips may seem healthier. But often, they're just baked conglomerations of highly refined potato flakes, refined grains, and different kinds of powders. You may be better off eating potato chips, made with real potatoes fried in a healthful oil.

KATHERINE TALLMADGE

11 Artificial sweeteners were originally found useful for people who had diabetes. They were supposed to be an occasional ingredient. Today, people think because they have no kilojoules, they can consume as much of them as they want.

KANTHA SHELKE

12 When the label on meat says no nitrates or nitrites added, that's incorrect. Most of those products take celery powder, which is very high in natural nitrates, and convert it into a chemical that, in the lab, is no different from the traditional version.

JOSEPH SEBRANEK, professor of food science at Iowa State University

13 Everyone knows all about the health benefits of tea, but bottled tea can have very few benefits. Tea needs to be freshly brewed.

KATHERINE TALLMADGE



14 The newest concern is over nanoparticles, which are so small, they can penetrate our cell walls. While some types of nanoparticles may increase the shelf life of packaged food, not much is known about how they affect our bodies. And because they're not required to be listed on food labels, we don't know how many manufacturers are using them.

BRUCE BRADLEY

15 We did a study in 2012 in which we looked at feather meal, a by-product of poultry production, to see what drugs the chickens may have received before slaughter. A number of samples had residues of antibiotics that are banned from use in poultry. Many also contained caffeine, paracetamol [an OTC pain reliever], and diphenhydramine [an anti-histamine active ingredient]. Samples from China had fluoxetine, the same active ingredient as the antidepressant Prozac. From a human health perspective, our findings weren't

necessarily worrisome (since we don't eat feathers, and it's unclear whether it affects the meat), but they were certainly surprising.

DR KEEVE NACHMAN,
*scientist at the Johns Hopkins
Bloomberg School of Public Health*

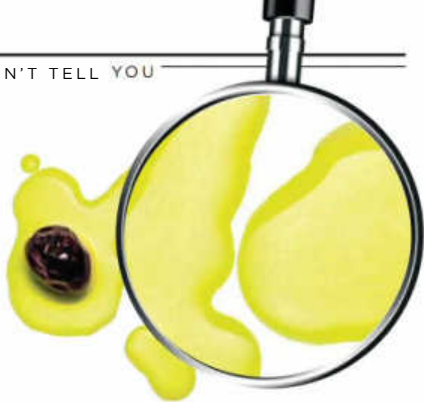
16 Your extra-virgin olive oil may actually be a lower-grade oil. In our research, approximately 70% of bottles pulled off supermarket shelves did not meet the criteria for the extra-virgin grade. To find a good oil, look for a dark glass or tin container, which protects the oil from light, and a harvest date, which better producers often include on the bottle.

DAN FLYNN, *olive oil expert, Davis Olive Center, University of California*

17 In order for a product to legally be considered ice-cream, it must contain at least 10% milk fat and 168g/L of food solids. If there's less than that, you can't call it ice-cream. If you look closely in the supermarket, you'll see a lot of products are labelled frozen dairy dessert. **JORDAN PIERSON,** *marketing officer in the dessert industry*

18 Some manufacturers will use add-ins instead of straining [Greek] yoghurt to make it thick. If you see whey protein concentrate or milk protein concentrate on the ingredients list, the company is taking shortcuts.

MELANIE WARNER,
author of Pandora's Lunchbox



19 Companies hire tasting panels to find what's known as a product's bliss point, the perfect amount of sugar that creates the maximum amount of appeal. For instance, to create Cherry Vanilla Dr Pepper in the US, a Cadbury Schweppes consultant prepared 61 distinct formulas and subjected them to 3904 tastings.

MICHAEL MOSS, *author of Salt Sugar Fat: How the Food Giants Hooked Us*

20 Salt is a miracle ingredient to food manufacturers. It acts as a preservative, saves money by substituting for more expensive herbs and spices, brings out sweetness, and masks the bad flavours inherent to many processed foods. **MICHAEL MOSS**

21 The majority of processed foods start in the factory with huge vats of processed flours, sugars, and oils. They're dumped into systems that mix them and add salts, flavourings, and colourings to recreate the look and feel of something you might make at home. Then we sprinkle in

some “fairy dust”. Maybe it’s something to make it feel more handcrafted, like sun-dried tomatoes. Or it may be vitamins, antioxidants or extra fibre so we can say it’s good for you.

BRUCE BRADLEY

22 You can’t get people to buy something just by telling them it’s good for them. You have to appeal to their senses and emotions. Kids are 65% more likely to grab an apple if it has a *Sesame Street* character on it, so now we’ve got *Sesame Street* on all types of fruits and vegetables.

SUZANNE GINESTRO,

*marketing officer in the food industry
(Red Bull, Nestlé and Kraft)*

23 The louder a potato chip crunches, the more people like it and the more they will eat. Most people like a chip that snaps with almost 2 kilograms of pressure per 2.5 square centimetres. When Frito-Lay used a US\$40,000 device that simulates a chewing mouth to test and perfect the chips, they discovered the optimal break point.

MICHAEL MOSS

24 A lot of the foods we eat have interesting origins. For example, the bacteria responsible for sourdough bread originally came from rodent faeces. Any sourdough you eat has that history, yet it’s all perfectly safe and delicious.

DR ROB DUNN, *biologist and author of The Man Who Touched His Own Heart*

25 When you develop new food products, your goal is to find headaches in the marketplace that are intense, deeply felt and widely shared, at least among a particular niche.

BOB DRANE, *creator of Lunchables*

26 Getting your products into stores is incredibly difficult. We were in business for eight months before we persuaded the first retailer to carry our product. Some chains ask you to pay thousands of dollars up front or donate the equivalent in product before they’ll take your product.

Officer at a small food company

27 If you’re prone to diabetes, you can still eat pasta. Whole-wheat pasta often has more starch than regular because of the way it’s ground. Look for a pasta with a low glycaemic index, which some brands put on the box.

KANTHA SHELKE



28 In a given year, up to 89% of new items fail. That's why most new products that big food companies put out now are simple line extensions. Coming up with a new flavour of chips is much easier than investing, say, \$20 million developing, creating, and introducing a great new mega-product. Then they look for smaller companies breaking ground with new products and buy them.

HANK CARDELLO, *author of Stuffed: An Insider's Look at Who's (Really) Making America Fat*

29 Cereal is nowhere near as wholesome as companies want you to believe. The manufacturing process destroys a lot of the natural nutrition, even if the product contains whole grains. That's why virtually every cereal has a list of added vitamins and minerals. In my family, we don't eat cereal often, and we look for ones that have less than eight grams of sugar per serve.

MELANIE WARNER



30 When we recently examined big food companies over a five-year period, we found that 99% of their growth was coming from lower-kilojoule products. That was a stunning surprise. So they are moving in the right direction.

HANK CARDELLO

31 The concept of the dose makes the poison is very important in the realm of food, especially when it comes to natural flavours and artificial colours. All food ingredients and nutrients – even those we need to survive – have a threshold for safety. When caramel colour was approved, nobody anticipated how much of it would be used in the food and beverage industry. It's in a lot of foods you don't expect: certain soups, [instant noodles] and burgers, for example. So if everything you eat is from a box, a can, or a bag, then you may get too much and have reason for concern. But if you eat a variety of foods, you don't have to worry.

KANTHA SHELKE

32 Organic foods are the new kids on the block, so producers are fighting aggressively for market share. One way they can increase sales is by convincing you that all chemicals are bad, GMOs are bad, pesticides are bad – and some of that has no basis in science or fact.

BRUCE CHASSY,
Professor Emeritus of food science and human nutrition at the University of Illinois



33 Consumers clearly want more natural ingredients and transparency about what they're eating, and smart manufacturers are getting that and responding. Nestlé has moved to get rid of artificial colours and flavours in its chocolate bars. And some fast-food chains are removing antibiotics from their chicken.

HANK CARDELLO

34 Some people will say that if you're not familiar with an

ingredient – if you can't pronounce it – then you shouldn't eat it. I think that reflects an ignorance of chemistry and nutrition. Take riboflavin, cobalamin and pyridoxamine. They're big words and sound like things you don't want in your food, but they are actually all forms of vitamin B, and skipping them can be detrimental to your health. Instead of being scared of ingredients you don't know, educate yourself.

KANTHA SHELKE

35 It drives me crazy when people think all food marketers are just trying to pull one over on them. For every brand I've worked on, consumer research has been the cornerstone of everything. New products always start with solving a problem for consumers. It doesn't start with solving our business need and then shoving it down consumers' throats.

SUZANNE GINESTRO **R**



A RAT IN THE KITCHEN

A man released his own pet rat in an all-you-can-eat buffet in Sunderland, UK, in an attempt to get out of paying his £7.25 bill. Christopher Baker was eating a meal at Borneo Bistro and had been drinking heavily. He decided to take the rat out of his pocket and let it loose, immediately causing disgust among other customers. The restaurant instantly offered him his money back, but when pest control arrived they could tell the rat was domesticated – because it had recently had a haircut.

HUFFINGTONPOST.CO.UK

Laughter

THE BEST MEDICINE



DATE DITCHING

Jeff's blind date with Suzanne was bad from the start – in short, they loathed each other. Fortunately, Jeff had asked his friend to call him so he'd have an excuse to leave if things weren't going well.

When his friend called, Jeff pretended to be in shock. "I'm so sorry, I have to leave," he said. "My aunt has just died."

"Thank goodness," Suzanne replied. "If yours hadn't, mine would've had to."

COMEDIAN BOB FENSTER

DEVOUT OF GAS

Gary was having a yard sale. A local minister bought a lawn mower but returned it a few days later, complaining that it wouldn't run.

"It'll run," said Gary. "But you have to curse at it to get it started."

The minister was shocked. "I have not uttered a curse in 30 years," he spluttered.

"Just keep pulling on the starter rope," said Gary. "The words will come back to you."

SUBMITTED BY LAVERNE
LAUTERBACH





What do you call two crows sitting in a tree?
Attempted murder.

Source: reddit.com

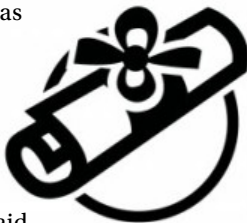
ONE FOR THE HISTORY BUFFS

After arriving late to the Tower of London and to Buckingham Palace, the tour group finally arrived at Runnymede. The guide announced, "On this very spot, the historic Magna Carta was signed."

A woman asked, "When was that?"

The guide said, "1215."

"I knew it," said the woman. "Missed it by 15 minutes."



SUBMITTED BY HELEN RUSS



I accidentally butt-dialled my proctologist and they had a full conversation.

@TASTEFACTORY ON TWITTER

AGREE TO DISAGREE

A husband and wife were having problems and decided to end their union after a very short time together. After a brief attempt to reconcile, the couple went to court to finalise their break-up.

The judge asked the husband, "What had brought you to this point, where you're unable to keep this marriage together?"

The husband replied, "In the six weeks we've been together, we haven't been able to agree on a single thing."

"Seven weeks," the wife said.

Source: smilejokes.net

A tough thing about being a giraffe is knowing that once you put on a necklace, it's there forever.




@ROLLDIGITY ON TWITTER

PONDERING THE IMPONDERABLE

What should you do when you see an endangered animal eating an endangered plant?

COMEDIAN GEORGE CARLIN

 Got a good joke, anecdote or real-life gem to share? Send it in and you could win cash! See page 6 for details.

If you think YouTube is the last refuge
of crazy cat videos and mindless
memes, these teenagers using the
platform to change their worlds may
change your mind as well

Everyone's a Star



BY SAMANTHA TRENOWETH

FROM ANNE SUMMERS REPORTS

It's 2015 and YouTube has only been around for ten years, but already one wonders what a canny, creative teenager did on a slow suburban weekend before it came along. In the meantime, parents panic about the internet, fretting about stalkers and pornography and bullying, worried their kids will be brainwashed by fundamentalists – or, in our house, that their impressionable minds will be filled with fairy floss.



After what must have been a thousand hours of viewing, my 16-year-old daughter can apply liquid eyeliner in one deft sweep, unearth new music more swiftly than the A&R department at EMI, whip up a whole-some chia and granola pudding for breakfast and bake Christmas cake pops in the shape of reindeers.

Her father reckons she is frittering away her teenage years on stuff and nonsense, but I'm not so sure. For teenagers, YouTube is an extraordinary, democratic, libertarian medium. It's a community of peers, much like the underground press was in the 1970s, but without an editor. It's a free platform on which artists, actors, activists, the makers of cake pops and the knitters of onesies can exhibit their work.

All aspiring vloggers (video bloggers) need is a smart phone or a camera with video capability, and a simple edit program like iMovie. Uploading a video to YouTube is as easy as attaching a document to an email. The results might be approbation, love, sponsorship or the warm glow that comes from making even a tiny contribution to a better world.

Take the Australian pop punk quartet band 5 Seconds of Summer, the stuff of YouTube

legend. These four lads from Riverstone, in Sydney's far northwest, spent their weekends busking outside the local shopping centre and uploading cover versions to the web, and became a hit when a bunch of teenage girls stumbled upon their channel.

Word spread. Towards the end of 2011, there was an all-ages show at the Annandale Hotel in inner Sydney. It was the first time any of the band had been to a gig, let alone played one.

The music industry caught on belatedly. By then the band's following had snowballed. They sold out their second show in five minutes flat. An EP and a support spot on One Direction's world tour followed. Since then the band has hit No. 1 in Australia, New Zealand, Ireland and the UK (they made number two in the US) and headlined shows around the world. They've lived the dream that's cherished by many of the creators of the 300 hours of video that are uploaded to YouTube every minute of every day.

The BBC has a YouTube channel. So does Giorgio Armani, the British monarchy, Russell Brand and the CIA.

YouTube has more than a billion monthly active users: roughly one in seven people on Earth. People watch

**ALL ASPIRING
VLOGGERS
NEED IS A
SMART PHONE
OR DIGITAL
CAMERA AND
A SIMPLE
EDITING
PROGRAM**



Top: 5 Seconds of Summer started out posting cover versions on YouTube. Bottom: Astronaut Abby is literally aiming for the stars

hundreds of millions of hours of this stuff every day in 75 countries and 61 languages.

There's a whole lot of mainstream programming on there, and a whole lot of rubbish. But there are obscure, brilliant, quirky gems too, and finding them offers membership to those in-the-know clubs that teenagers (and even adults) get a kick out of.

Abigail Harrison (Astronaut Abby) doesn't want to shoot to stardom – she wants to shoot into space. “I was probably four or five years old when I

first went outside at night, looked up at the stars and thought, ‘I want to go there some day,’” says Abby, now 17, and determined to be the first astronaut on Mars. She has a comprehensive website and a YouTube channel where she reports on science and space-related issues.

“There's this incredible space community on social media,” she explains, and the ability to talk directly to real astronauts and engineers “just makes the whole thing feel more real and achievable.”

Teenagers constantly refer to this notion of community when talking about YouTube. Scarlett Curtis is a UK blogger, writer, student, baker and knitter. She struggled throughout her teens with chronic pain from a spinal operation and consequent depression. She dropped out of school and lost touch with friends, but she attributes her slow, sure recovery to the community of YouTubers who kept her company through long and sleepless nights.

Her favourites were Louise Pentland (Sprinkle of Glitter) and Tanya Burr. "These women talked to me," Curtis wrote last December in *The Guardian*. "They talked in a way that most people had become too scared to, and for the first time in years I began to feel like a teenage girl again. When they laughed I felt happy, when they cried I felt sad, when they talked about their boyfriends, parents or new favourite lip gloss, I felt like I had a friend again."

Pentland and Burr are two of Britain's star vloggers. They post intimate chats, bringing their cameras (and thus their viewers) along on reassuringly ordinary days as well as special occasions, sharing tips on make-up, cooking or self-esteem.

"The skill, effort and intelligence that goes into making a person feel as if they are not alone, as if they are hanging out with a friend, as if they are safe, is immense," says Curtis.

Which is perhaps why YouTube has become such a valuable resource in the LGBTIQ [Lesbian, Gay, Bisexual,

Transsexual, Intersexual and Questioning] community. Australian musician Troye Sivan's coming out video has been viewed more than five million times and it is honest, hopeful, moving and reassuring.

The entertainment magazine *Variety* reports the most popular vloggers now have substantially bigger teenage fan bases than mainstream celebrities. Many young vloggers are using their YouTube fame to rally support for causes and charities. After reading John Green's bestselling novel *The Fault in Our Stars*, Troye Sivan wrote a song about young people living with cancer and donated the proceeds to a hospital in Western Australia.

British lads Jacksgap rode across India in a tuk-tuk for the Teenage Cancer Trust and they've recently become advocates for greater understanding about mental health. British YouTube star, Zoella (whose channel has almost eight million subscribers), has shared her own struggle with anxiety and shared coping strategies.

Sprinkle of Glitter isn't all fairy lights and cupcakes either. She's posted an informative big-sister chat about self-harm. And Sarah Hawkinson is a Goth fashion and beauty vlogger who also studies psychology, speaks out against stigma and posts considered discussions of mental health.

British geek-girl Tyrannosauruslexxx mashes a Harry Potter obsession with a fondness for bath products and some serious feminist and human rights

concerns. Her £100 Billion vlog is funny to boot. Kat Lazo is a New Yorker who grew up in a Colombian/Peruvian family and looked to the internet for answers to her questions about “machismo”. She stumbled upon sites like Feministing, F Bomb, The Crunk Feminist Collective and began watching Laci Green. “The internet,” she says, “was my *The Feminine Mystique* ... and I realised that I could be the change I wanted to see in the world.”

Many young YouTubers see the platform more as a medium for self-expression than advocacy. It has been a boon for young artists like Andre Brimo, a 19-year-old Sydney-based media and arts production student who posts short horror films.

For 16-year-old Didda, YouTube is all about creative expression. Her whimsical, beautiful, funny films mix the hyper-reality of Icelandic (and sometimes Norwegian) landscapes with quirky special effects. Her world is a little like a hipster Narnia (without

**MANY
YOUTUBERS
SEE THE
PLATFORM
MORE AS
A MEDIUM
FOR SELF
EXPRESSION
THAN
ADVOCACY**

the preachiness). “I mostly make my videos to entertain people and make them laugh,” she says, and attributes her sense of humour to watching Donald Duck cartoons growing up.

Didda is convinced that YouTube means the end of mainstream TV, and to some extent she’s probably right, at least for the teenage demographic. Swed-

ish gamer PewDiePie, YouTube’s most popular star, has more than 30 million subscribers and his most popular video has clocked up around 60 million views. By comparison, 8.1 million “legitimate viewers” watched the record-breaking fifth season finale of *Game of Thrones* and roughly 1.5 million tuned into the 2015 MTV Movie Awards. Traditional TV stations, managed by lumbering hierarchies, can’t compete with YouTube’s immediacy and intimacy.

“I often feel isolated in Iceland,” says Didda, “and YouTube is more personal than television. It helps me connect with the world.”



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MATRI-MONEY

“There’s a way of transferring funds that is even faster than electronic banking. It’s called marriage.” **JAMES HOLT MCGAVRAN**

Who do you look up to more as a kid than your dad? He's a mountain man, a genius, taller and faster than your friend's dad. He can do anything. And by the time you find out that maybe that's not exactly accurate it really doesn't matter any more. Whether your dad is long gone, or emailing you 40 times a day, you're bound to see him here

Like my Father Always Said...

BY ERIN MCHUGH

FROM *LIKE MY FATHER ALWAYS SAID*

When we were little and my parents entertained, my father would always mix cocktails and we kids would deliver them to the guests. My dad would punctuate these special deliveries with, “Midget waiters! Makes the drinks look bigger!”

LEO, SON OF BUD

“Those of you who are standing around saying it can’t be done are bothering those of us who are doing it.”

DEWEY, FATHER OF JEAN

“THERE IS ONLY ONE THING YOU CAN BOTH KEEP AND GIVE: YOUR WORD.”

CASEY, FATHER OF PETER
AND PAUL

“YOU’RE A CHAMPION!”

JIM MCHUGH, FATHER OF ERIN

When we kids were surprised at my dad’s youthful experiences: “Did you think I was born old?”

RAUL, SON OF RAUL

“THERE ARE MORE TIDES THAN SAILORS,” DAD SAID, WHICH MEANT THERE WILL ALWAYS BE ANOTHER CHANCE.

RAQUEL, DAUGHTER OF DANIEL

“Never marry for money. Just hang out with a lot of rich people and fall in love.”

HOWARD, FATHER
OF BENJAMIN

“If you don’t invest very much, then defeat doesn’t hurt very much and winning is not very exciting.”

DICK, GRANDFATHER OF TOMMY

“WHAT OTHER PEOPLE THINK OF YOU IS NONE OF YOUR BUSINESS.”

CHARLIE, FATHER OF LISA

Whenever I was about to do something foolish or dangerous – or something, I suppose, that simply displeased my father – he would say, “Don’t let fear and a little common sense stop you.”

TODD, SON OF RON

“You can’t plough potatoes and look at the stars.”

ARTHUR, FATHER OF EDMÉE

“NEVER TRUST ANYONE WHO SAYS, ‘TRUST ME.’”

HAL, FATHER OF BRAD

“The squeaky wheel gets replaced.”

JACK, FATHER OF ANNE

Every time I walked into a room and said “Oh, God!”, he’d say, “Just Dad will do.”

EMILY, DAUGHTER OF DICK

MY FATHER CONCLUDES EVERY NOTE HE HAS EVER SENT ME WITH “LOVE YOU FOREVER AND EVER NO MATTER WHAT.” EVEN WHEN HE TEXTS ME HE SIGNS OFF WITH “LUF&ENMW – LD.”

HILARY, DAUGHTER OF PETER

“Don’t forget to call.” Before mobile phones, when the dreaded long-distance charges were still exorbitant, my father always wanted us to call home by ringing the phone once and then hanging up when we got to our destination. That was how he knew we had arrived safely.

PATRICIA, DAUGHTER OF JOE

IN THE SIXTIES, WHEN MY BROTHERS WOULD BRING THEIR LONG-HAIRED “HIPPIE” FRIENDS HOME TO DINNER, MY FATHER WOULD SIT AT THE END OF THE DINING ROOM TABLE AND ASK, “SO, ANY NEWS ON THE BARBER STRIKE?” AN EMBARRASSMENT EVERY TIME.

AMY, DAUGHTER OF JIM

ANY TIME YOU ASKED MY FATHER TO DO SOMETHING HE DIDN'T WANT TO DO, HE'D SAY, "I'M AFRAID I CAN'T DO THAT. I'VE GOT A BONE IN MY LEG."

BRYAN, SON OF CARL

"KEEP IT SIMPLE."

JACK, FATHER
OF NANCY

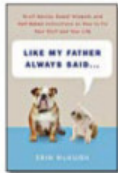
My father was an amateur handyman around the house, which is no doubt where I got my willingness to jump into home projects. One thing he always said was, "Measure twice, cut once!" I live by this little saying in all things in life.

HOWIE, SON OF TED

There were a lot of us in our house, so when someone got sick, the warning went out. My father would exclaim, "There's a fungus among us!"

OLIVE, DAUGHTER OF TOM

From *Like My Father Always Said*, by Erin McHugh © 2015 by Abrams, New York, US



JUST BEFORE HE WALKED ME DOWN THE AISLE, MY DAD SAID, "THESE SPECIAL MOMENTS NEED TO BE REMEMBERED. OPEN YOUR EYES AND LOOK AT EVERYONE. SOMEDAY YOU WILL BE GLAD FOR THESE MEMORIES."

FAITH, DAUGHTER OF PETE

When I was a very young child, my father created a regular routine that I loved and remember well years later. When he arrived home at the end of the day, we'd greet him at the door, and every time he'd ask who we were and pretend not to know us. Then he and my mother would have a drink while she prepared dinner and they would talk about his day and hers. While they chatted, my father would lift my sister and I up to sit on top of the fridge. We sat still and quiet, as it was both exciting and scary to be up there!

When I think of it now, I realise it was pretty creative of him. My sister and I thought he was so cool for putting us there, and he and my mother had this very civilised little part of the day together.

Thanks, Dad, for all the nutty things you did.

LEE, DAUGHTER OF LEO

POWER OF GOOD





The Day the Sight Savers Came to Town

How a ten-year-old's future was
changed when these volunteer doctors
landed in his neighbourhood

BY EUGENE COSTELLO

PHOTOGRAPHS BY
GEOFF OLIVER BUGBEE

*Nurse Ann-Marie
Ablett and Dr
Lawrence Azavedo
in the plane's prep
room with their
young patient, Bold-
Erdene Ganbold*

It is a baking hot morning in late July. On the cracked concrete freight runway of Ulaanbaatar airport, Mongolia, weeds force their way up. Near the cargo hangar is a white DC-10 plane, with a swoosh of baby blue on its tail, and the logo of eye charity Orbis – the initial O is designed to look like an eye.

This is what is called the Flying Eye Hospital: it is staffed almost entirely by volunteers from around the world who give up time to bring their skills to poorer parts of the world in order to stem the rise of preventable blindness.

Standing at the top of the stairs to the plane is veteran volunteer scrub nurse Ann-Marie Ablett; that is, the nurse who acts as the surgeon's right hand during operations and procedures.

Originally from County Roscommon, Ireland, with a gentle and lilting brogue, Ablett is softly-spoken and, as she looks up from beneath her brown fringe, it is hard to believe that she is 61. Her "day job", as she puts it, is as clinical lead nurse in ophthalmology at the University of Wales in Cardiff.

She adds that this will be her 28th voluntary assignment with Orbis in just 12 years. It's an astonishing odyssey in which she has spanned 13 countries across three continents, seen more than 1000 patients and trained thousands of nurses and healthcare professionals.

For her, it is the most joyous thing in her life: "When I go on a programme it puts a smile on my face which lasts

until I go on the next one," she says, laughing.

A boy of ten is walking confidently towards the plane, hand in hand with his mother. He has Mongolian good looks, with a mop of black hair; it is only as he gets closer that it becomes clear his left eye is almost wholly shut. For young Bold-Erdene Ganbold, this is a lucky break; the day before, he had been selected for surgery by the Orbis team at a screening day at a hospital in the sprawling city. Without the specialist surgery they can provide, he would suffer continued degradation of his sight and run the risk of blindness in one eye from the condition called *ptosis*, a drooping of the eyelid.

To make matters worse, Bold-Erdene has an abscess in the same eye, caused by a playground fight some months before; the incident has caused post-trauma scarring tissue, further endangering his sight.

Ablett had met the ten-year-old



Young Bold-Erdene was fortunate: selected for surgery that will prevent him from becoming blind in one eye

at the screening, where enthusiastic Mongolian staff had marshalled as many cases as possible for the Orbis team to consider. The corridors were packed with families who had brought their children and other family members – some from hundreds of kilometres away – in the hope that they would be selected for operation at the Flying Eye Hospital. Inevitably, there would be heartbreak, but Orbis has two main criteria for selection. First, the case must afford good potential for teaching surgical techniques to local medical staff. Legacy is at the heart of the Orbis ethos. The second is that the surgeon must be reasonably confident of achieving a positive outcome – false hope serves no-one.

Today is a day of procedures and surgery for the chosen ones. Ablett greets Bold-Erdene, whose face lights up when he recognises her, and takes him by the hand as she gives him and his mother a tour of the plane.

Up front, where the first-class section would normally be, is the lecture theatre, with ten rows of seats and a large monitor on which local medical staff can watch expert surgeons carry out operations as they explain what they are doing. Today it is packed with 48 attendees, some obliged to stand up at the back. Interpreters are at hand to translate any questions they wish to ask the surgeon as he works.

Moving towards the middle of the



Ablett and colleagues wheel Bold-Erdene from the plane's prep and recovery room at the rear of the plane to the operating room, where surgeon Dr Yasser Kahn awaits

plane along the narrow gangway that runs its length, Ablett points out a large room called the laser room, which also doubles as a waiting area for patients and family. This is where Bold-Erdene will sit with his mother until he is called to pre-op for his surgery.

Next is the operating theatre, a hermetically sealed sterile room, with a gurney in the centre and overhead lamps to shine on the patient. It is small; with the surgeon, Ablett and three local nursing students, it will be cramped. Between the operating and the recovery rooms is a small space

used for sterilising instruments and scrubbing hands before surgery.

Beyond that, at the rear of the plane, is a small ward with three beds that serves both as pre- and post-op; here staff nurse Angela Purcell is joking with lead anaesthetist Jonathan Lord from London's Moorfields Eye Hospital and his colleague, UK anaesthetist Lawrence Azavedo. This is a happy and motivated team, with all volunteers and staff proud of the pioneering work that they do.

For now, Bold-Erdene and his mum must wait in the laser clinic, where the boy sits watching *Frozen* on the DVD

player; it is his favourite, he explains shyly.

Ablett must go and scrub up in pre-op to assist surgeon Yasser Khan on the first of four operations slated for this morning. Bold-Erdene is second in line. After 45 minutes, she returns to the laser clinic, the first treatment having been a success.

She smiles at Bold-Erdene and ruffles his tousled hair. "Ready, little man?"

Bold-Erdene smiles back and takes Ablett's hand to set off for pre-op at the far end of the plane.

Walking into the brightly lit room, she introduces him to anaesthetist Azavedo; he takes Bold-Erdene's hand while Ablett moves on into the operating room.

With a gentle tug on the hand from Azavedo, the little boy climbs up on to the gurney and lets Lawrence pull a blanket over him.

"I believe you're a fan of *Frozen*," says Azavedo. "Which song is your favourite?"

With a shy smile, the boy says that it is "Let it Go" and offers to sing it.

As he launches into a note-perfect rendition of the hit song, with a rapt audience of seasoned medical professionals utterly charmed by his performance, Azavedo takes the opportunity to inject a little pre-med into a vein in the back of the boy's hand – "just a little something to help you feel calm."

At the end of the first verse and

chorus, the staff members break into applause, while Azavedo asks Bold-Erdene what he wants to do when he grows up. "I would like to sing on stage in musicals," he says simply.

At Azavedo's request, he sets out on the second verse of the song; as he sings, Azavedo gently eases a measure of anaesthetic into the back of his hand. The voice tails off; he is under. The team wheel the gurney to



IN THE OPERATING ROOM, A BRIGHT OVERHEAD LIGHT SHINES ON BOLD-ERDENE'S FACE AS HE LIES ON THE GURNEY

the doors of the low-lit operating theatre; a masked Ablett takes the other end and pulls it though the doors that close firmly to ensure a sterile operating environment.

Surgeon Yasser Khan, from Toronto, Canada, sits by the gurney, with Ablett to his side and three Mongolian nurses watching from close by. The overhead lamp shines brightly on Bold-Erdene's face.

Khan fits the profile of a volunteer Orbis surgeon well – he is an exceptionally well-qualified ophthalmic surgeon who specialises in corrective or reconstructive surgery



Post operation – Bold-Erdene with his mother the day after the successful surgery to repair his left eye

following trauma. As well as having his own practice, he is the director of the Oculo-plastic surgery fellowship programme at McMaster University in Hamilton, Ontario, Canada.

Khan hunched over the boy's face, peering intently and talking as he goes; he is on close-up screen to the 48 medical students in the lecture theatre. Ablett is to his left, passing him instruments as and when he holds his hand out for them, anticipating what he will want.

Khan explains that he has diagnosed a further complication to add to this brave boy's litany of eye problems – a

blocked tear duct. If the tear duct is not unblocked Bold-Erdene will continue to suffer from excessive amounts of tears, exposing him to a risk of infection and possible vision loss.

In his gentle, measured manner, Khan points out that fixing this is not the primary purpose of today's surgery. However, since he is "going in" anyway, he says, "I might as well do it."

This is not for the squeamish; the screen focuses close up on the eye. When the surgeon makes an incision, blood spurts out and white fat oozes from the opening.

Over the next hour, he patiently

describes what he is doing; the congenital ptosis has been made far worse by the post-trauma scar tissue, which is more extensive than he had feared. Nevertheless, he remains unfazed as he deftly works away.

Khan points to a gap between eye and lid where Bold-Erdene has lost a lot of fat and tissue, which the surgeon must attend to before correcting the droop. Finally, he is able to focus on the primary purpose of the surgery – correcting the ptosis by adjusting and strengthening a supporting muscle. He turns to Ablett with a smile, and says, “OK, we’re done here. It’s a good outcome.”

Bold-Erdene is wheeled back into the little ward, and Ablett removes her mask and sits by the side of his bed. After 20 minutes or so, he begins to come round, and Ablett asks for someone to fetch his mother; as she reaches the ward, he is awake and sitting up, holding Ablett’s hand. His mother heads straight to him; wordlessly, they embrace.

After 20 minutes or so, he is ready to set off for his overnight stay back at the city hospital, where Khan will see him the following morning.

Ablett walks him down the stairs off the plane. When they reach the cargo hangar, he stops to give her a final hug. He and his mother will now be driven back to the hospital. It is one more routine operation for Ablett and the Orbis team, but a life-changing one for this young boy and his family.

When asked to sum up what drives her to undertake so many unpaid assignments, Ablett considers for a while. “You know, I’m from the west of Ireland, a tiny place called Boyle,” she says.

“Never in my wildest dreams did I imagine that I’d have the opportunity to fly all over the world using my skills to bring so much happiness to many people and changing lives for generations to come.”

She then heads back up the steps of the plane. There’s still a full day of operations ahead. **R**

* * *

DID I READ THAT RIGHT?

Signs seen around the globe, as revealed by guy-sports.com:

Outside a dress shop, Hong Kong: *Ladies have fits upstairs.*

At a tailor shop in Greece: *Order your summer suit. Because is big rush, we will execute customers in strict rotation.*

At a zoo in Budapest: *Please do not feed the animals. If you have any suitable food, give it to the guard on duty.*

Points to Ponder

"EVERYBODY YOU EVER meet knows something you don't." A cab driver told me that 30 years ago, and I'm reminded of it every single day.

BILL NYE,
science educator, in Men's Journal

WITH 26 SHAPES arranged in varying patterns, we can tell every story known to mankind and make up all the new ones ... If you can give language to experiences previously starved for it, you can make the world a better place.

ANDREW SOLOMON,
writer, in a speech at the Whiting Awards

J.K. ROWLING saved a lot of lives because the kids that dealt with all the Harry Potter books became competent readers, and could make it through high school and could make it through college. Then they could get a job.

JAMES PATTERSON,
bestselling author, on why reading and literacy is a "survival skill" for life, in Vulture

[HIGHGROVE] represents one very small attempt to heal the appallingly shortsighted damage done to the soil, the landscape and to our own souls.

PRINCE CHARLES
on his organic garden

Bloody good rows. And then no secrets. Just say it like it is and clear the air. Some of the times, it's dreadful and shocking and hurtful but, the way we are, we always end up laughing. It's just a screaming fit and leading into hysterical laughter. How absurd a row could be. Actually, how enjoyable and refreshing. That rage and anger can be very useful tools. That pent-up anger and aggression and a wallowing in misdemeanours – that's the road to ruin.

JOHN LYDON,
aka former Sex Pistol Johnny Rotten on nearly 40 years of marriage to Nora Forster, in Rolling Stone





There's a tremendous amount of power that comes from not having to say yes.

JODIE FOSTER, *actress*, in *Esquire*

ETIQUETTE HAS an evolutionary basis ... Humans question how to find mates, raise kids, get their fair share to eat, and resolve conflicts. If you're a chimpanzee or a wolf, your biology gives you the answers. If you're a human, you write to an advice columnist.

ROBIN ABRAHAMS,
etiquette columnist,
in *Boston Globe Magazine*

WHAT I LIKE to do is *do* – not the fact that I *did*. It doesn't excite me. When people start to think that what they did in the past is perhaps even better than what they do now, they should stop.

KARL LAGERFELD,
fashion designer, in the *New York Times*

WHEN WE WERE YOUNG ... we knew basic history, even as it related to fashion. Now when something reappears, an 18-year-old has no clue that it's a revival. I think that's part of why visual things are becoming so derivative.

FRAN LEBOWITZ,
writer and critic, in *Elle*

THEY TREAT YOU very differently from other women [when you're seen as beautiful] ... You have to make people comfortable with you. Of course, I'm grateful beyond words that I had it, but beauty's very often the elephant in the room, and you're the elephant handler.

CANDICE BERGEN,
actress, in *Time*

WE HAVE a tendency to define ourselves in opposition to stuff ... But try to also express your passion for things you love. Be demonstrative and generous in your praise of those you admire. Send thank-you cards, and give standing ovations. Be pro-stuff, not just anti-stuff.

TIM MINCHIN,
comedian, in a commencement speech at the
University of Western Australia

SOME OF THE BEST IDEAS come in the shower because, thank God, no-one has invented a waterproof smartphone yet.

ARIANNA HUFFINGTON,
cofounder of the Huffington Post, in a speech

It's the "other" English that both enriches and confuses the language. But Americans aren't just out to be contrary, says RD copy chief **Donyale Harrison**

US ^{and the} Rest of US

IT'S THE QUICKEST WAY to start an argument on the internet that doesn't involve politics or religion: ask whether the British or American version of English is "right".

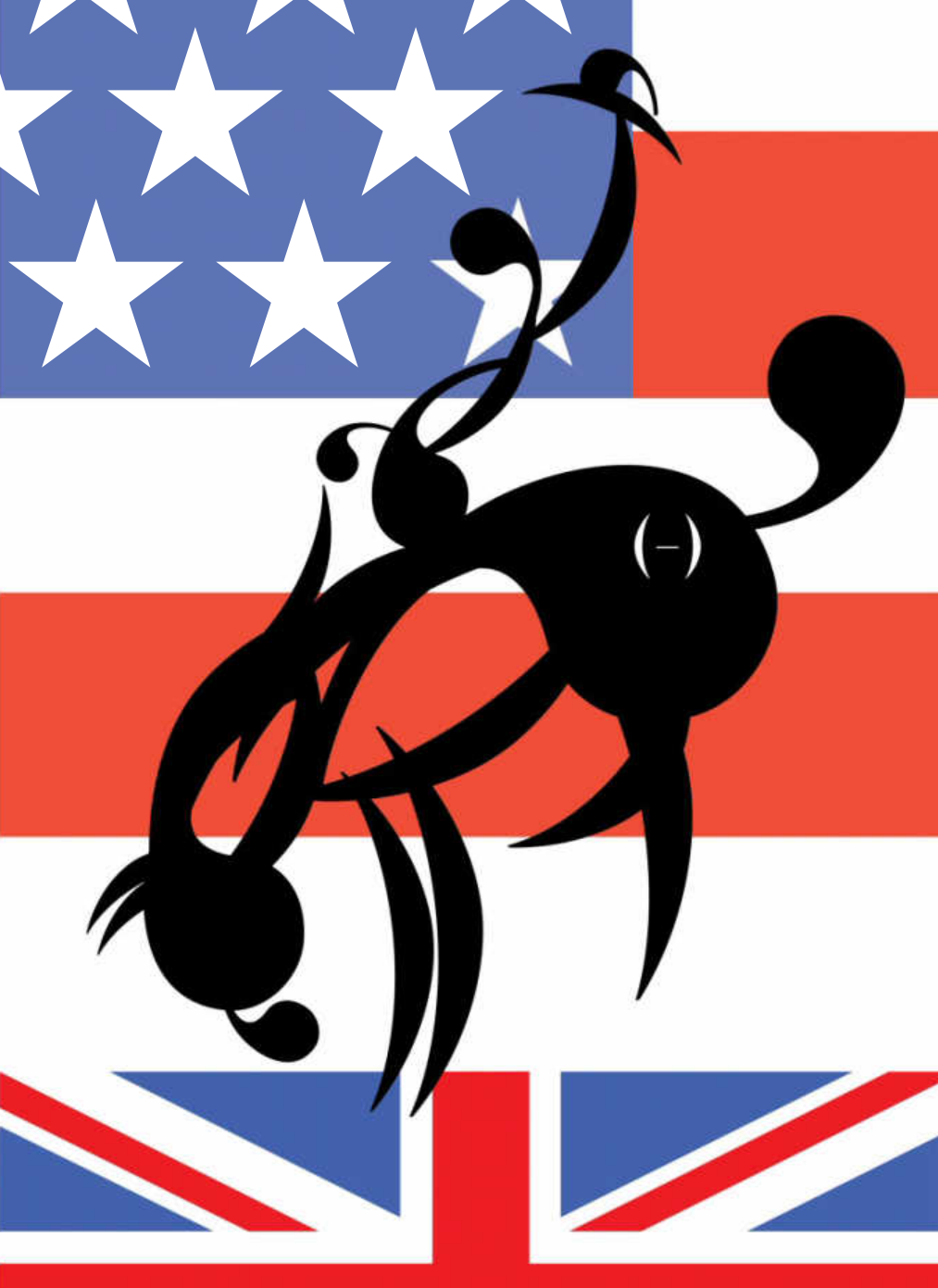
From spelling to punctuation, there are significant differences between the two, creating real points of difficulty for both native speakers and those learning English.

So how did such a complicated state of affairs come about?

What About U?

The most obvious difference is the spelling. Americans spell color, favor, neighbor and so on without U's; recognize, organize, realize and so on with Z's rather than S's.

The reason is simple: those were the dominant spellings in English at the formation of the United States, and so they are the ones that have formed the basis for American spelling. After the American Revolutionary



War, distinguishing things American from things British became culturally important, so later UK changes were often ignored or tried and rejected.

Instead, the Americans embarked on spelling reforms of their own, being keen and early adopters of phonetics, where words are spelled as they sound, giving us *gray* and *jail* instead of *grey* and *gaol*. This makes a lot of sense in a country that took in areas named for their Native owners or previous French and Spanish colonists – Ouisconsin is a lot harder to work out than Wisconsin.

Perversely for a country that retains the French pronunciation of words like herb and fillet, the French metre and kilogramme became meter and kilogram (both roundly ignored in favour of yards and pounds.) Silent endings and “extra” letters were mostly discarded, so catalogue became catalog; judgement: judgment; travelled: traveled and paediatric: pediatric. If you want to track the history of the changes, there is a brilliant roundup in Simon Horobin’s *Does Spelling Matter?*

Other differences are less sensible, like *aluminum*. When Humphry Davy discovered the element, he called it *alumium*, then changed his mind and decided on *aluminum*, before settling finally on *aluminium*, all between 1807 and 1812. The 1828 version of Webster’s Dictionary listed aluminum, a spelling they kept in later editions despite the fact that American scientists used aluminium. When the metal became popular at the end of the 19th

century, it was the dictionary spelling, not the scientific one, that stuck.

Lovely Lexicon

One of the most attractive things about American English is its openness to different voices. From the witticisms of *The New Yorker* to the patter of the Marx Brothers, there are ways of talking that could only come from America.

Some terrific words are Americanisms: *doohickey* for a thing you can’t remember the name of; *catercorner* for diagonally opposite; *bodega* (pinched from the Spanish) for corner store.

The US’s cultural melting pot has seen many words come into English from other languages. The Yiddish *chutzpah*, meaning audacity, was made famous by Jewish-American comics; Scottish *pernickety* lives on in describing fastidious Americans; *wunderkind* would have stayed German if American journalists didn’t need to search afield for words to describe Orson Welles, in exactly the same way *enfant terrible* would have stayed French; and Spanish has been a generous benefactor with words as common as *bronco*, *fiesta*, *rodeo* and *nachos*.

Others are local constructions, and you can sometimes feel their meaning, even if you’ve never heard them before. When you learn that *hornswoggle* means to cheat or deceive, it makes perfect sense, as does a *boondogle* as an expensive wasteful or fraudulent project. And someone *lallygagging* is clearly dawdling.

All of it leads to a richer English, even if they aren't words most of us use regularly. The only times we get into trouble are when we use similar words differently. In much of the US, it's a cliché ending where the rest of us would say clichéd. Some Americans say, "I could care less" but mean what the rest of us do when we couldn't. And then there are the common words like jelly, pants, lift, football and biscuit that manage to have wholly different meanings. Let's just say that jam was not what I was expecting in a jelly doughnut.

Perils of Punctuating

The difference most fraught with angst turns out to be punctuation. In most of the world we use "logical punctuation". This is where punctuation marks stay with the part of the sentence they work strongly with.

In America, punctuation is based on aesthetics – rules put together by typographers back in the old days of printing presses and designed to make sentences look their best on a page. Rules were based on what looks "good", which, through centuries of use, has come to mean what looks "right".

So, in UK-English we would write: Do it now – not "soon", "next" or "in a minute". But in US-based, it's: Do it now – not "soon," "next," or "in a minute." Because full stops – sorry, periods – and commas look "messy" left outside the quotation marks and "right" inside.

Confusingly, the rule doesn't hold for question marks and exclamation

marks, which are inside or outside the quotation marks depending on the rest of the sentence (inside if only the quoted material needs one, outside if the whole sentence does).

Then there's all the little complex additions, like capitals after colons, using en dashes rather than hyphens for all ranges (pages 147–162) and open compounds (pre-World War II) – but to fully understand them is the work of a lifetime.

Which One's Right?

Both Englishes are "right", and both are merging a little at the edges – the single American "practice" for all uses is catching on broadly, and logical punctuation has already taken over much of the internet.

My suggestion is simply to pick the most useful style for you, but also to be relaxed about the whole issue. It is exceptionally rare that mixing in a little American or British spelling or punctuating is going to cause any problems with the reader understanding your writing. Though it's best to stick strictly to one for important documents such as advertisements, reports and essays.

Here at the Digest, we use mostly British, but have a few hangovers from our American founders, such as double quotation marks for speech. So far, no-one has written in to complain that it's confusing.

Across the Atlantic or across the Pacific, our differences may be many, but at least they are minor. **R**


START AT THE BEGINNING

Amphetamine and methamphetamine are both pharmaceutical drugs used to treat certain medical conditions, and recreational drugs (colloquially known as speed).

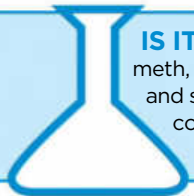
Methamphetamine is a particularly potent type. Amphetamines affect the central nervous system much like adrenaline. Amphetamines were used as a stimulant by both sides in WWII, before their addictive properties became known.

Meth

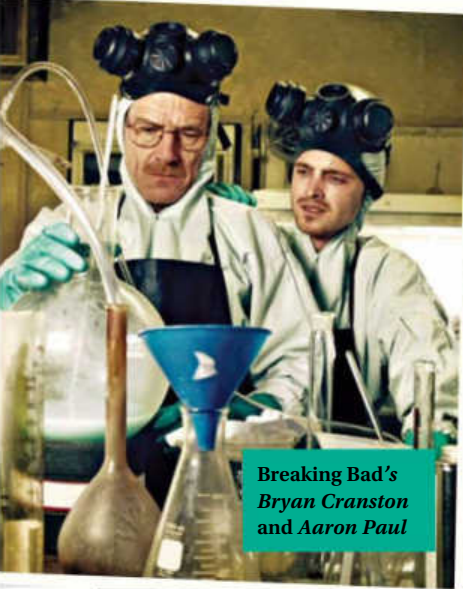
BY HAZEL FLYNN



TELL ME MORE The production, sale and possession of methamphetamine is restricted or illegal in many countries. Methamphetamine comes in various forms including powder, which can be snorted, and crystal which can be smoked, injected or swallowed. Its street names include ice, meth or crystal meth, tik (South Africa), P (New Zealand), ya ba (mixed with caffeine in Thailand) and shabu (Philippines and Malaysia). Despite its addictive and damaging potential, it appeals to users because it makes them feel alert, confident, energetic and euphoric.



IS IT NEW? Methamphetamine hydrochloride, also known as crystal meth, was first synthesised in a Japanese pharmacology lab in 1919. It was, and still is, lawful to prescribe in countries such as the US and Australia for conditions such as narcolepsy and ADHD. But over the past decade its illegal use has generated ever-increasing public anxiety.



**Breaking Bad's
Bryan Cranston
and Aaron Paul**

THE *BREAKING BAD* FACTOR:

Millions of people with no direct methamphetamine contact know an awful lot about it thanks to TV's *Breaking Bad*. The idea of a meth-chemist character came to series creator Vince Gilligan via a black joke between him and another under-employed writer about alternative ways to make a living. "It jarred something within me," he said.

"... a five-year long public service announcement on the dangers of meth and the violence of meth trafficking."

How the US Drug Enforcement Administration Educational Foundation described Breaking Bad while giving its creative team a Global Leadership Award

WHY SO MUCH CONCERN?

There's no doubt chronic meth use can be disastrous for individuals, leading to physical and mental health problems including heart, teeth and skin damage, insomnia, hallucinations, paranoia and aggression, which impact terribly on those around them. But is it a broader problem?

Law enforcement agencies and politicians think so. Globally meth drug busts more than doubled between 2009 and 2013, partly due to targeted policing, but also to increased manufacture and trafficking. The drug's use is certainly growing in much of Asia, and in Australia Prime Minister Tony Abbott has described the country as being in the grip of an "epidemic".

But worldwide only an estimated 0.7% of adults used any kind of amphetamine in 2011 (according to UN figures). In the US, meth use is now at 0.4%, having

been declining for a decade. In Australia it is 2%, a figure unchanged since 2001. In many places medical admissions are, however, up perhaps due to increased purity. Drug and public health experts have called for calm, but they are going largely unheard.

***Australian Federal Police impounded
306kg of methamphetamine in a
record-breaking 2012 drug bust***



Sacha and Lexi Whitehead were safe and warm when a horror storm struck earlier this year. Instinctively they stepped forward to help those with no shelter

HELPING HANDS

BY KATHY BUCHANAN

SACHA WHITEHEAD was already in her pyjamas as she stood in the kitchen of her apartment in the Sydney beachside suburb of Dee Why, preparing dinner for her family. It felt good to be inside where it was warm and cozy after making it through the third day of unrelenting rain, wind and cold.

For the 26-year-old working mother of one – and the entire Sydney region – it had been a miserable April day. With dinner ready, she joined her fiancé, Will, her twin sister Lexi and

baby daughter, Liliana, at the table. Outside, winds of up to 100km/h were bringing down trees and power lines. Torrential rain and hail continued to flood roads and tunnels, and a giant swell outside the heads of Sydney's famous harbour made it too dangerous for cruise and cargo ships to make it safely to port. Media reports dubbed it "the once in a generation storm".

At around 7pm, after tucking up Liliana in bed, the twins sat down to check their phones. Sacha's Facebook account was inundated with posts

PHOTOGRAPHED BY ARUNUS



*Sacha (left)
and Lexi
Whitehead*

of personal stories of flooding and furniture being blown away. *This is worse than I thought*, she mused. Lexi noticed a status update from a friend: “Feel sorry for the homeless tonight.”

As a past volunteer worker with the homeless in London, it struck a chord with Lexi. She knew the homeless would be soaking wet. With the rain falling sideways, the city’s homeless would be unable to find protection from bus shelters, under building awnings or doorways. Homeless shelters would be inundated with people wanting a dry place to sit out the storm.

Sacha was quick to suggest: “Why don’t we take them blankets and clothes?” Within minutes, Sacha had posted a shout-out on Facebook to her 1220 friends asking for waterproof clothes, blankets and sleeping bags to pick up to take to homeless shelters in the city. Within the hour she had been inundated with offers. Her post had been shared by around 30 people and from there the responses quickly multiplied.

The reactions from mothers’ groups and buy and sell groups was

immediate. Offers of preloved clothes, blankets and sleeping bags filled her screen.

By 8pm, the sisters were in Sacha’s car and heading over to their mother’s house to borrow a bigger car. With Sacha behind the wheel, Lexi coordinated

pickups on her phone from local houses and apartments. Messages came in hard and fast but Lexi quickly developed a simple system – as a message for another pickup arrived, she’d write it on a masterlist, before switching over to the phone’s GPS to get there.

About three hours later, Sacha, Lexi and their mother Michelle Clendinning, had 20 huge bags of clothing and sleeping bags. They headed into the city. Missionbeat, a charity that provides outreach to the homeless, told them that lots of people had begun congregating in and around its centre at Central Railway Station, in Sydney’s inner city.

Within moments of their arrival, a homeless man called Greg introduced himself and then set to work making sure that everyone knew who the women were and



Sacha (above) with clothes and sleeping bags which she handed out to homeless people (top)

A photograph of two women, the twins, smiling and looking towards the camera. They are outdoors, with a blurred background of hills and water. The woman on the left has red hair and is wearing a blue jacket, wrapped in a light-colored blanket. The woman on the right has blonde hair and is wearing a dark jacket, wrapped in a dark blue blanket.

*The twins
braved a
violent storm
to deliver
donations*

why they were there. “Greg made sure we were safe so we could do what we needed to,” explains Sacha. “He was amazing and just wanted to help us help everyone else.”

Like the elderly man they encountered passed out on the footpath. Aged in his 80s, he looked like he’d just got out of a swimming pool. His clothes, shoes and blankets were saturated. With Greg’s help, the women moved him to a dry spot and Michelle changed him into dry warm clothes. They left him with dry blankets and pillows to sleep off the rest of the night.

It was 2am before the women headed home and, though they’d been out helping for six hours, they felt like they’d only just scratched the surface. The wild weather was still

raging, with the strong winds pounding against the car as they cautiously drove through flooded roads.

Over the next 48 hours, the trio collected another 30 big bags full of donated clothes and blankets. They then organised two more trips to shelters, and friends followed up with more. Weeks later, Sacha was still receiving messages from people inspired by the family’s efforts and motivated to help out in their own ways.

She explains: “We all have a story and are struggling in our own ways. What I have learnt is that lending a helping hand to another helps you as much as it helps the other person. There is such a power in kindness – giving can really help all of us to be more gracious and happier.” **R**

Life's Like Th

SEEING THE FUNNY SIDE



From the Archives

Fifty-one years ago, the entrepreneurial spirit was alive and well in our readers – as this September 1964 letter shows:

When the subject of an increase in allowance raised its head at the breakfast table, I told our son that he would have to prove his statement that “everyone gets more than me” before I would do anything about it. Two days later, he presented a neatly drawn survey listing two dozen kids and their allowances – which ranged from 50c to \$3 above his. I asked him if there weren’t some kids who had allowances lower than his.

“There’s only one kid,” he said. “And he wants to rent this list from me when I’m finished with it.”

SUBMITTED BY ROBERT DELIGTER



FOOD FOR THOUGHT

After finishing our Chinese takeaway food, my husband and I cracked open our fortune cookies. Mine read, “Be quiet for a little while.” His read, “Talk while you have the chance.”

SUBMITTED BY CAROL BURKS

high the water should be?” he asked.

Spotting a freckle on his stomach, I said, “When it reaches that freckle, shut the tap off.”

With an amazed look, he said, “So that’s why that freckle is there.”

SUBMITTED BY JANET NEWBATT

WATER BIRTHMARK

As my five-year-old son was getting ready to take a bath, I asked if he could turn off the tap when the tub was full.

“How will I know how

MOD CON

My husband and I were standing in line at an ATM in Lucca, a small town in Italy. History, music, religion and art surrounded us, including ramparts, a statue of the



composer Giacomo Puccini and a beautiful cathedral. Ahead of us, two tourists were chatting. "You can always tell we're near civilisation," said one to the other, "when there's a cash machine close by."

SUBMITTED BY VIOLET HUGHES

HOME INVASION

My brother had just moved house, so I went over to check out his new place. As I pulled up, I saw my nephews playing in the street with their new friends. "Hi, kids," I called. "Is your dad in?"

"Yeah, he's around somewhere," they shouted back.

The front door was open, so I marched in, flopped onto the sofa, picked up the TV remote and channel-hopped for a while. After a minute or two, a woman came through from the hallway, looked me up and down, nodded and said, "Hi," then

went back into the kitchen. She walked back past me a minute later and went upstairs before coming back downstairs with a chap.

"Hi," I said.

"Hi," they both replied, before disappearing into the kitchen. I heard them whispering, then they came back into the lounge.

"Do you know where my brother is?" I said. "I'm Roger."

"Do you mean Alan?" the woman said. "He lives next door."

SUBMITTED BY ROGER SCOTT



The Great Tweet-off: All-Pun Edition

Is a pun the lowest or highest form of humour? That's a battle that's still happily being fought on the greatest pun-machine of our time: twitter. Check these beauties out.

Hospital taking too long to get a new cornea for my missus. I need a faster wife-eye provider.

@ITSANDRYRAN

Tightrope walkers aren't born with instincts to walk across any kind of rope. They must be taut.

@DAEMONIC3

I'm gonna write a book about the difficulties of watching *Pride and Prejudice* dubbed into French. It will be called L'Austen Translation.

@GREG_JENNER

The inventor of the atomiser has died. He will be mist.

@OJEDGE

I must be ill - I thought I saw a sausage fly past my window, but it was actually a seabird. I think I've taken a tern for the wurst.

@MOOSEALLAIN

Who called it
a muzzle and
not a hush
puppy?

@THETODDWILLIAMS





*Dr Jürgen Otto,
with an itsy-bitsy
peacock spider
hitching a ride.
(Opposite inset)
Maratus jactatus*

A beguiling minuscule spider has become the hobby of a lifetime for eagle-eyed biologist Dr Jürgen Otto

PEACOCK SPIDER MAN

BY HELEN O'NEILL

SYDNEY SCIENTIST Dr Jürgen Otto has some unusual problems. Holiday planning, for example, can be fraught with drama – not because of the need to find boarding houses for his family's pet cats or dogs (they don't have any) but because he keeps hundreds of live peacock spiders.



"Once when I went on holiday I had to give my collection to somebody at the Australian Museum," he says of the unique arachnid entourage he keeps at his home in the northern Sydney suburb of St Ives.

Earlier this year he had over 250 little containers, each of which housed a peacock spider – small jumping spiders endemic to Australia. He says of his charges – genus *Maratus*, family Salticidae, measuring 2-6mm in length – that simply feeding them once a week (by opening each container and popping tiny live crickets in before snapping the lid shut) could take the better part of a day.

"That holiday I put them all in a suitcase and then went on the train and handed them over to the museum where they were looked after for a couple of weeks," he recalls. "I try not to go away for longer periods because of that."

When asked what it is that makes the peacock spider so special, the 50-year-old bubbles with enthusiasm.

"These big front eyes and the way they use them," he begins. "They see the world in a similar way that we do and they react in a similar way ... You can see them getting excited, frightened, they seem to display emotions."

"Then there's the colouration,"

he continues with dizzying enthusiasm about their iridescent hair and scales. The fact that they are so small, that such complexity in behaviour and beauty exists on such a tiny scale ...

"If they were 10cm big, you might think *that makes sense*, but something that is that small and looks cute ..." The scientist breaks off with a laugh.

Otto accidentally discovered his first peacock spider in September 2005 while walking through Ku-ring-gai Chase National Park with his wife, their two children and some friends.

The German-born biologist, who specialises in mites, was automatically scanning the ground. "That's one of my habits," he explains,

when he spotted something unusual. "A little jumper, less than half a centimetre long ... It seemed peculiar. I snapped a picture and noticed its colouration."

"I have very good eyesight, I see things that often other people don't see, and I wonder why they don't see it," says Otto, adding that he suspects his red-

green colour-blindness makes him unusually able to see outlines when others might not.

"That day changed my life, that's for sure."

Otto's story began in the German

What makes the peacock spider so special? "You can see them getting excited, frightened, they seem to display emotions"



A male Maratus caeruleus raises his abdomen flaps and third pair of legs and waves them to attract passing female spiders

town of Hofgeismar, where he grew up fascinated by living things. As a child he had a microscope. "I would do things like put grass into a glass of water, let it rot, look at all the little organisms that grew up in there and then draw them," he recalls.

He badgered his parents into letting him keep lizards and snakes. While catching food for them at a tree-lined creek near his home, Otto became fascinated by spiders, and

resolved to become a spider expert when he grew up.

Unfortunately, at the University of Bremen (where Otto studied biology), no master's degree project in arachnids was available. Instead, he opted to specialise in mites, close relatives of spiders that are as small as a tenth of a millimetre in length – and as he became entranced by their minuscule world, he realised that he was very good at identifying tiny species.



This male Maratus elephans has markings like an elephant's face on its abdomen flaps

Having fallen in love with Australia on a holiday in the mid 1980s, Otto skewed his research to enable him to work here, first by studying never-named imported mites, then the taxonomy of whirligig mites living in the country's arid zones.

He met his wife, scientist Kate Wilson, moved to Townsville when she was offered a job at the Australian Institute of Marine Science, and began studying the marine mites of the Great Barrier Reef.

"When I started there was only a single marine mite known from the whole of Queensland ... once I'd finished I had a collection of over 200,

and pretty much every one I found was new," he says, explaining that this was simply because nobody had been looking.

All Otto had to do to find new species was go to a beach and scoop up a handful of sand: "There's so much coastline, so much ocean ... it was this complete new area."

A bigger challenge was finding names for them all. "Some of them are named after my family," he laughs. "My wife has two named after her, my oldest son has one named after him [and] recently I named another new one after my younger son."

Otto's research funding ran out,

and between science jobs he bought a digital SLR camera and took up photography with characteristic enthusiasm: "I had lots of fun, I did this day and night, photographing frogs, insects, lots of birds – I was always looking for new things to photograph."

In 2005, the family moved to Sydney and Otto began working as a mite expert with the Australian Quarantine and Inspection Service.

"But I kept my interest in wildlife photography. I was desperate to find things to photograph here ... but once I'd finished with the sulphur crested cockatoos and the lorikeets, there wasn't much to do." Otto laughs. "So I started to photograph flowers."

He was looking for flowers on the day he found that first peacock spider. The tiny arachnid turned out to be *Maratus volans*. It was first documented in 1874 by an English clergyman and zoologist, the Reverend Octavius Pickard-Cambridge, who had been sent a specimen.

Volans is from the Latin for flying, the theory being that the spider could unfold flaps from its back and use them to glide. Intrigued, and learning of another theory that the male spiders used those colourful flaps for a courtship display which no human had ever

witnessed, Otto decided to investigate.

"I thought maybe if I put a female with a male it might show such a display – but at the time the female was not known to science so I had no idea what it looked like," he says. "It took me three years to find another spider."

He scoured the bushland near his

first spider discovery, eventually locating a drab individual that he thought might be a female and finding a male to put it with. A dramatic dancing courtship display took place before his eyes.

"It was very exciting. Nobody had seen it before, nobody had photographed it, it was completely new, like

discovering birds of paradise in a way," he says. "My first photographs of the display were quite sensational."

It spurred him on to improve his photographs. "I took them at first on the dining room table. I had a pile of leaf litter that I dropped the spiders into, and photographed them there, and every time it was dinner time I had to clear the pile of leaves away."

He discovered another species that had not been documented for over 100 years, witnessed a different arm-waving dance display (every peacock spider dance is different), realised that his SLR camera had a movie function and decided to film it.

“

**When Otto paired
a female and a
male peacock
spider ... a
dramatic dancing
courtship display
unfolded before
his eyes**

In 2011 he posted his first peacock spider video on YouTube. “No-one had seen anything like it before,” he laughs. “People got excited. That first one has 1.8 million views to it now ... It’s not much compared to my other ones but for me it was a ground-breaking experience.”

Another breakthrough came when he decided to add music to the peacock spider dances. “I only started doing that because I filmed them at home with children making noises in the background and I needed to do something to replace the sound,” Otto says.

Since then he has posted dozens of videos on his YouTube channel using the name “peacockspiderman” and watched, with some concern, as rogue videos have appeared in which his peacock spiders shake maracas, fight with light sabres, and dance to the “YMCA” song.

Otto has published 20 scientific

“
**Thirty-eight
named species of
peacock spiders
are now
described,
including
Sparklemuffin
and Skeletorus**

papers in *Peckhamia*, a jumping spiders journal launched by US scientist and businessman David Hill, his scientific partner. Thirty-eight named species of peacock spiders are now described, including two nicknamed Sparklemuffin and Skeletorus, which

made headlines worldwide.

Otto still has his day job and considers it ironic that for all his work on mites, it is his hobby for which he will be remembered. He is convinced that peacock spiders will become as iconic to Australia as koalas, kangaroos and kookaburras, is pleased by the interest in the tiny dancers and dreams of a time where arachnophobia is no more.

“People used to hate spiders, and some of them still do – but the vast majority fall in love with these creatures,” he says. “I show people a different side of the spider world.” **R**

A NOTE TO NOISY NEIGHBOURS

“Someone in this building loves Christmas music. If that person could please remember that not everyone has the same taste in music, and that people can hear it very clearly, and do not appreciate being forced to listen to ‘Have Yourself a Merry Little Christmas’ (and every other song) at 7am in March. Thank you, Merry Xmas.” **SMOSH.COM**

Quotable Quotes



The miracle is this:
the more we share ...
the more we have.

LEONARD NIMOY

*There's nothing more contagious
than the laughter of young
children; it doesn't even have
to matter what they're
laughing about.*

CRISS JAMI, philosopher

**DON'T ASK YOURSELF WHAT THE
WORLD NEEDS. ASK YOURSELF
WHAT MAKES YOU COME ALIVE,
AND THEN GO DO THAT.**

HOWARD THURMAN,
author and civil rights leader

**FICTION IS TO GROWN
MEN WHAT PLAY IS
TO THE CHILD.**

ROBERT LOUIS STEVENSON

**Laugh it off.
There's always another
night.**

STEVE CARELL, comedian



A lot of people are
afraid to say what
they want. That's
why they don't get
what they want.

MADONNA




**Before borrowing
money from a
friend, decide which
you need most.**

ADDISON H. HALLOCK, author

**Politics is the art of looking for trouble, finding
it everywhere, diagnosing it incorrectly and
applying the wrong remedies.**

GROUCHO MARX



Antibiotic-resistant bacteria are on the rise.
Here's what we need to know – and do

FIGHTING BACK AGAINST SUPER BUGS

BY HELEN SIGNY

THREE-YEAR-OLD LEVI WALSH, an energetic little boy, was being treated for a common ear infection when things took a turn for the worse.

After several weeks of repeated flare-ups, where he was burning up at night and frequently crying with pain, doctors admitted him to The Children's Hospital at Westmead, west of Sydney. There they operated to clear his ears and dosed Levi with intravenous antibiotics. But the infection raged on.

The bacteria causing Levi's sickness, the common pneumococcus bug, had become highly resistant to drug treatment. It was the first time doctors at the hospital had seen a case like it – but they had been expecting and dreading it. Such cases are about to become all too common.

We've all heard of virulent, antibiotic resistant bacteria like MRSA and VRE infecting people in hospital. What was

PHOTO: THINKSTOCK

different in Levi's case was that he picked up the bug in the community.

"There are misconceptions that this is a problem for the future – but antibiotic resistance is a serious problem right here, right now," says Dr Jeannie Yoo, clinical advisor to Australia's NPS Medicinewise, an organisation dedicated to improving the way consumers use medicines.

THE INTRODUCTION OF antibiotics to fight bacteria in the 1930s and '40s was one of the greatest advances in medicine. But it wasn't long before doctors started needing ever-larger doses to get effective results. These days, prescriptions of antibiotics for conditions that don't really need them, combined with the use of antibiotics to boost food production in agriculture, has led to a serious situation where doctors are running out of options for people with serious infections like Levi's.

A UK report last year found that global consumption of antibiotics in human medicine rose by nearly 40% between 2000 and 2010. Resistant infections are already claiming at least 700,000 lives each year across Europe and the US alone – and a staggering 10 million are expected to die annually by 2050 if we continue our current path.

The World Health Organization recognises antibiotic resistance as one of the most significant global health threats today. "Without urgent, coordinated action by many stakeholders, the world is headed for a post-antibiotic

era, in which common infections and minor injuries which have been treatable for decades can once again kill," says Dr Keiji Fukuda, WHO's Assistant Director-General for Health Security.

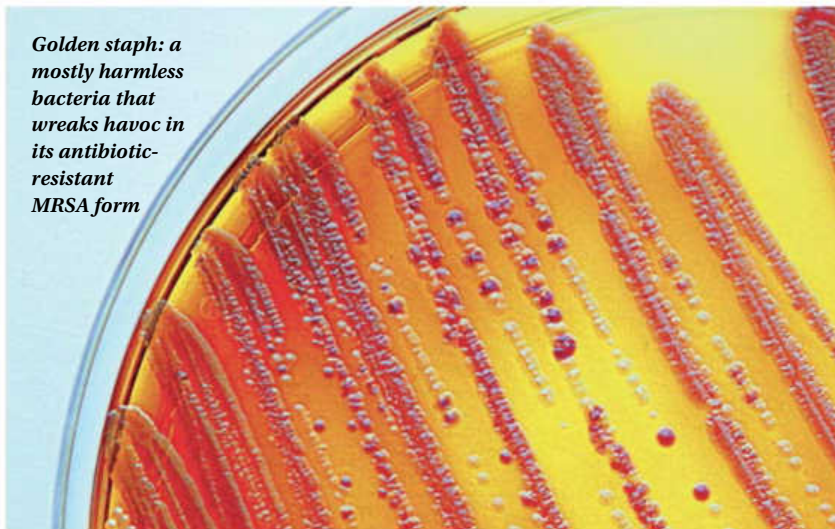
"We are already seeing examples of resistant bacteria for common infections like urinary tract infections and skin infections," says Dr Yoo. "At the moment there may be an alternative treatment – but in the future it will be very difficult to find a different antibiotic that works, or that doesn't have a lot of side effects."

LEVI'S DOCTORS AT THE HOSPITAL tried stronger and stronger antibiotics. Each time the toddler would improve temporarily, before the infection surged back. It spread from his ear to the mastoid bone and he developed an abscess at the top of his jugular vein. The doctors feared it would spread to his brain or spine.

His mother, Tegan, says, "They were telling us, 'Oh, the bacteria's resisting all the antibiotics we can give him'. It's like, *OK, there has to be medicine. You think You're in the hospital, there's medicines, just keep trying.* But they were running short on things to try."

For Dr John Curotta, an ear, nose and throat specialist at The Children's Hospital at Westmead, Levi's case was a glimpse of how devastating infections might become once more. "Before penicillin came along, up to 20 per cent of hospital beds were taken up with patients who had the

Golden staph: a mostly harmless bacteria that wreaks havoc in its antibiotic-resistant MRSA form



complications of ear infections,” he says. “If we can’t rely on penicillin any more, there just aren’t too many other safe antibiotics we can give children.”

So serious has the problem become that health experts are now questioning the advice doctors give their patients.

Professor Gwendolyn Gilbert, of the Marie Bashir Institute for Infectious Diseases and Biosecurity at the University of Sydney, wrote recently in the *Medical Journal of Australia* that for most common infections, patients were at minimal risk if they finished taking antibiotics as soon as their symptoms fully disappeared rather than waiting until the end of the prescribed course.

Does that mean we’re all taking antibiotics for much too long? Professor Chris Del Mar, a GP and academic at Bond University in Queensland, says the more antibiotics we all take, the easier we make it for bacteria that are resistant to them to multiply and spread. “The more exposure to antibiotics you have, the more resistant the bugs get,” he says. “With a six-day course, you’re twice as likely to build

resistance as with a three-day course.”

He is one of a growing group of experts advocating that doctors cut back on the quantity and duration of antibiotics to combat resistance.

However, while new

10 million are expected to die annually by 2050 if we continue on our current path



THE DO'S AND DON'TS OF ANTIBIOTICS

Combatting antibiotic resistance is a problem for all of us. If you think you need antibiotics, here is what you should consider:

Wait a couple of days Our bodies are designed to kill off most infections naturally. Most of us rush to get antibiotics as soon as we are in pain, but Dr Curotta says that in most cases, antibiotics reduce discomfort just by one day. Control the symptoms with paracetamol for two or three days and if you're still not getting better, then consider an antibiotic. (In children under two, you should seek medical attention as soon as you see any sign of infection.)

Take the pills as instructed It's very important that you don't take antibiotics for longer than you need to. Finish the course and never take antibiotics that were prescribed to someone else or for a different illness.

Don't ask for antibiotics for colds and flu Antibiotics kill bacteria, not viruses. Most common colds and flu are caused by a virus and cannot be cured by antibiotics. It is only when you have a secondary bacterial infection, for example of the sinuses or chest, that you may need to consider an antibiotic.

Avoid spreading infection Like all germs, antibiotic-resistant bacteria can be spread through the community due to poor hygiene. If you're sick, be conscientious about washing your hands.

Prevention is best Avoid colds and flu by dosing up on foods with anti-viral, anti-inflammatory and antioxidant properties, such as vegetables, green tea and fresh fruits and vegetables.

evidence is being gathered, you should still take antibiotics according to instructions, says Dr Brian Morton, chair of the Australian Medical Association's Council of General Practice. For serious infections, antibiotics still can – and regularly do – save lives.

“Like lots of things in medicine, the guidelines are being re-examined,” he says. “But it’s important to complete the full course until we get more evidence to say it’s safe not to.”

THERE ARE TWO CAUSES of resistance. At a community level, the billions of scripts for antibiotics being written every year, combined with the heavy use of antibiotics to boost production in farming, are giving rise to more and more bugs that are resistant. The more antibiotics are used in the community, whether in humans or animals, the more opportunities bacteria have to evolve to protect themselves from the active agents in those antibiotics.

The second cause is individual resistance that we build within our own bodies. Most common bacterial illnesses like respiratory and urinary tract infections are caused by bacteria that we have living in our bodies all the time – all of us walk around with a “zoo” of different bacteria in our bodies, and only rarely do they make us ill.

If you take a course of antibiotics to treat an infection, says Professor Del Mar, the bacteria normally living in our bodies can become resistant: as bacteria affected by the antibiotics you are

taking die, the field opens up for those that are resistant to take over. Even worse, they can pass that resistance on to other bacteria due to their ability to “mate” with other species of bacteria, interact with viruses and pick up “free” DNA from their environment. If you then become really sick with an infection, first line antibiotics may not work.

AFTER A SECOND OPERATION and a final, fifth drug – a very strong antibiotic that had to be administered intravenously for several weeks – Levi made a full recovery. But his case is a sobering reminder of why we all need to be concerned about antibiotic resistant bugs.

Researchers worldwide are working frantically to overcome the problem. The journal *Nature* this year published a breakthrough by a US team that has managed to create a new antibiotic made of previously uncultured microorganisms taken from the soil. Called teixobactin, it is the first new antibiotic in 30 years and could herald the development of a whole new generation to which bacteria are not yet resistant.

Governments are also trying to tackle the issue by regulating the use of antibiotics in animals, increasing surveillance of resistant strains of bacteria and by making the community aware of the problem.

Meanwhile, community action (see box, opposite) remains the simplest and best hope to help keep our current stock of antibiotics functional for at least the near future. **R**

Happiness is... Copenhagen!

What makes this city the world's best place to live? **Robert Kiener** travelled there to find out

This page: The city's mayor, Frank Jensen, likes to bike to work. Opposite: Nyhavn district



THIS SHOULD BE interesting. The lord mayor of Copenhagen is due any minute. We're about to set off on a one-hour interview and bicycle tour of Denmark's capital city.

It's a clear day – not a cloud in the Delft-blue sky – but chilly, so I'm content to wait for the lord mayor, 54-year-old Frank Jensen, atop my bicycle outside his offices at the ornate City Hall, the Rådhus. Across the street is the Tivoli Gardens, one of Europe's most famous and – at four-million-plus visitors a year – one of the most popular, amusement parks.

As I wait, I watch stylishly dressed-Danes earnestly biking down Hans Christian Andersens Boulevard, the city's main thoroughfare, named after the nation's literary luminary. Among the bikers I spot women wearing high heels and men in suits. Nearby, tourists climb onto the lap of a larger-than-life bronze statue of the 19th-century writer and snap selfies.

"Hello," says Jensen as he bikes over to me from cobblestoned Longangstraede. "I've just come from a meeting with our prime minister." I am impressed. No limousine with police outriders for this lord mayor; a three-speed bike will do nicely.

"Follow me," he says as we steer our bikes into the bicycles-only lane on Hans Christian Andersens Boulevard. "There's a lot I want to show you."

FOR YEARS I'VE BEEN hearing and reading about the city as, well, a modern-day Utopia. It is, for example, often referred to as "The World's Most Livable City", "The World's Happiest City", and one of the world's top two most-bicycle-friendly cities. Oh, and let's not forget "Europe's Greenest City", "Europe's Best Town for Foodies" and "Europe's Design Capital".

The UK's *Daily Mail* newspaper called it "Oh-so-cool Copenhagen". *USA Today* claimed, "It's not hard to be happy in Copenhagen." The UK's *Guardian* (a newspaper not usually given to gushing) gushed, "Copenhagen really is wonderful."

Can Copenhagen live up to such high expectations? I've come to the city to find out for myself. My first stop: this bike tour with the lord mayor.

I SOON DISCOVER THAT in Copenhagen the bicycle is king. As the lord mayor and I join a steady stream of bikers pedalling past Tivoli Gardens in a 3m-wide bike lane that's separated from car traffic and pedestrians, he tells me, "More than half of Copenhagen's residents cycle to work or school every day. It's healthier, greener and cheaper than travelling by car. We have more bicycles than people and five times as many bicycles as cars."

He holds up his right arm to signal he's stopping at an intersection and adds, "Even politicians bike to work. Sixty-three per cent of the members of our parliament ride to work daily."



A biker passes a sign outside Christiania, a self-governing island neighbourhood

Copenhagen regularly vies with Amsterdam for the top spot in the list of the world's most bicycle-friendly cities. Jensen explains, "We've had a series of 'action plans' over the years that have helped us continually improve our biking infrastructure."

Indeed, the city seems to have been designed around bicycling. Copenhagen has more than 350km of cycle paths and lanes, many of which are separated by curbs from car traffic. Bike lanes have their own traffic lights for cyclists and such added touches as footrests and handrails so bicyclists can prop themselves up while waiting for a red light. Computerised lighting systems, called "green wave technology", help bikers maintain just the right speed to zip through town without

having to stop at light after light.

"And there's more coming," says Jensen as we cruise down a newly-built bike path on Kalvebod Brygge, a redeveloped area along the waterfront that's packed with luxurious hotels and glimmering new office buildings. "We are developing more than 26 bike superhighways, some as long as 22 kilometres, so even more people will be encouraged to commute into Copenhagen from the suburbs."

These new "super" bike paths pass by picturesque fields, through forests and around duck ponds, and allow bikers to commute without having to stop for car traffic. And there's a free air pumping station every kilometre. "We're always looking for ways to make Copenhagen more bicycle friendly," says Jensen.

By the time we reach the 4m-wide, *Cykelslangen* ("Cycle Snake"), the new DKK32 million (US\$4.8m) elevated

cyclist roadway that is cantilevered high over the harbour, I'm convinced. When it comes to biking, Copenhagen is supreme. But the greenest, the happiest, the oh-so-coolest?

"Well," says Jensen, "we were named 'Europe's Green Capital' last year by the European Commission. We're committed to becoming the world's first carbon dioxide-neutral capital by 2025." A 2010 law requires all suitable new buildings, from office buildings to parking garages to sheds, have green (as in garden) roofs. A government policy mandates that all Copenhagen residents be able to walk to a park in less than 15 minutes. And the once-polluted harbour is now so clean it's safe to swim in.

OK, I ask Jensen, what's the secret behind this success? "I think almost everyone in Copenhagen takes pride in living here," he explains. "We realise how lucky we are and are willing to cooperate."

We stop in front of a new office building. "We had a meeting with the building's owners and skateboarders who wanted to use the building's park at night," he tells me. "The owners agreed to let the skateboarders use it in exchange for promising not to spray graffiti on the building. It's been a huge success. Isn't that cool?"

IDROP IN ON Mikael Colville-Andersen, an urban designer who works with cities and governments around the world to make them more bicycle friendly. "Copenhagen has become the model for livable cities everywhere," says

Colville-Andersen, who's been dubbed "The Pope of Urban Cycling". He's made a business out of spreading Copenhagen's gospel of sustainability and livability and is urging other cities to, as he says, "Copenhagenise".

As we sip coffee in a small café near his office, he tells me, "It's about being user-friendly, having a well-designed infrastructure and the right attitude. There's a feeling in this city that we are all in this together." He tells me that hundreds of foreign urban planners and politicians visit Copenhagen each year to see how the city works. Most like what they see and many decide to import what they've discovered here. Says Colville-Andersen, "That's further proof that Copenhagen is about the best place to live in the world."

That's another "yes" vote for Copenhagen. To get an answer to my "Is it cool?" question, I jump on my Gobike, an electric, Wi-Fi-connected share bike complete with a GPS monitor, that I've rented for the day. I punch in the coordinates for Freetown Christiania, Copenhagen's hippie haven.

As I pedal to Christiania I remember what local newspaper columnist Henrik Vesterberg had told me a few days ago when we discussed Copenhagen's claims to fame. "Don't believe everything you are told about Copenhagen. We've got our share of problems."

I run into some of those problems after I park my bike outside of Christiania, a private self-governing 34ha island neighbourhood that bans both



*Left: locals and tourists enjoying the summer sunset along the Sydhavnen Canal.
Right: women at a café in Christiania, enjoying wholly legal refreshments*

bicycles and cars. Founded in 1971 by hippie squatters in an abandoned military barracks, this bohemian commune has resisted almost all efforts to clean up its act.

After repeated efforts to evict the squatters, in 1972 the Danish Ministry of Defence temporarily agreed to let Christiania use the government property and land. Now home to around 1000 non-conformists who pride themselves on living free from government rule, it is a collection of funky homemade houses, art galleries, and organic cafés. Graffiti, tie-dye designs and free-form artwork, especially hand-painted green marijuana leaves, cover almost every wall.

Music wafts out of smoke-filled cafés.

In 2011, the government agreed to sell the land to the Foundation Free-town Christiania, which in turn gives homes for free to residents. Technically there is still no individual home ownership here and that's fine with the ageing hippies. A hand painted sign says it all: "We seek a lower standard of living for a higher quality of life."

On aptly named Pusher Street the air is ripe with the sweet, pungent smell of hashish. Small market stalls openly sell soft drugs such as marijuana and more than 20 varieties of hashish. It's like a doper's dream delicatessen come true.

Christiania is the city's second most-visited attraction (after Tivoli Gardens)

and tourists are advised to observe its rules, which are posted everywhere: “Have fun, don’t take photos and don’t run.” The last rule is to prevent panic; buying and selling drugs is still technically illegal in Christiania and running might indicate a police raid. Sure enough, when a tourist raises his camera to take a picture of a stall on Pusher Street, I hear a seller shout, “No photos!” The tourist quickly stashes his camera.

Christiania may be changing; the Copenhagen city council is keen to

the world’s best. But I spent time in Tivoli Gardens, wandered trendy suburbs like Vesterbro, and learned how to eat *Smørrebrød* and translate the almost untranslatable Danish word *hygge* as “cozy” or “sociable.”

I’m beginning to understand why one writer described Copenhagen as “a city that exists primarily to inspire a deep regret among those cursed to live elsewhere.”

To cap off my visit I signed up with “Dine With The Danes”, and found myself enjoying a delicious dinner with



“I spot a sign painted on an exit sign at the edge of Christiania. It reads: ‘You are now entering the EU’”

legalise marijuana and crack down on criminal gangs in the area. But long-time residents are fighting change. As I pass by a tumbledown house covered in psychedelic, dayglo paint, I recall Vesterberg’s comment about Christiania: “Old hippies are clinging to their ideals and doing their best to keep Copenhagen weird. I like that.”

So do I, I think to myself as I spot a message painted on an exit sign at the edge of Christiania. It reads: “You are now entering the EU.” Further proof that Copenhagen is cool.

REGRETTABLY I DIDN’T manage to land a reservation at Noma, the “new Nordic” restaurant that’s been named

charming hosts, Dorte and Thomas Winther Bruhn and their teenage daughter Rasmine, in their ultra-*hygge* home.

Like many Danes I asked, the Bruhns admitted the “Danes are so happy” thing was more cliché than reality. “It’s not as if we go to work singing, ‘Hi-ho, hi-ho, it’s off to work we go,’” said Thomas. Dorte added, “I think a better word than ‘happy’ is ‘content.’”

But when we talked about Copenhagen, there was no disagreement. “It really is great,” said Rasmine as her parents nodded in agreement. “There’s no place like it.”

After a week exploring the capital city I had to agree. **R**

What to do when a fizzling friendship can't be fixed

The Buddy Break-up

BY ASTRID VAN DEN BROEK

ILLUSTRATIONS BY SUHARU OGAWA



FOURTEEN YEARS after the split, Suzanne Wilson Phillips still has some fond memories of her friend Melissa*. “She was really fun and bubbly,” says the mental-health counsellor. “On a Saturday night, she was the life of the party.”

But over the course of their five-year friendship, Wilson Phillips often felt neglected when her pal revelled in the spotlight. “Melissa never had my back,” says the 43-year-old. The tipping point came when Melissa tried to sabotage Wilson Phillips’s new romantic connection. “I decided we couldn’t be friends anymore.”

As Wilson Phillips learned, ending a friendship is a complex process, wrought with pitfalls and pain. Here’s how to get through – and over – it.

Step 1: Evaluate

Start by taking a measured look at the situation. When you’re with this person, do you feel like your best self? Can you honestly describe them in flattering terms? How committed are you to the friendship?

You’ll also want to consider the circumstances, especially if your friend has been depressed or suffered a loss or trauma. We owe our friends a lot, and standing by them during tough times is part of the deal. Dr Andrea Bonior, a psychologist and relationships expert, says the red flag is when “you look back and see a long-standing pattern”.



Step 2: Understand Your Reluctance

Why is a split so hard? There are many reasons. Friendships aren’t monogamous, Bonior explains, so it’s easy to enjoy your other buddies even when one particular person is dragging you down. That means less pressure to act.

“When the ball is rolling in a long-term friendship, it’s hard to stop,” says Bonior. “It’s part of the rhythm of our daily lives, and the inertia is powerful.” Because of this, we also tend to let our friends get away with bad behaviour.

Step 3: Flee or Face It?

Avoidance is a popular strategy. Wilson Phillips tried that at first: she dodged Melissa’s calls and stayed away from her typical haunts, hoping to escape a difficult confrontation. Sometimes that approach can be successful, according to Bonior. “The

slow fade works if it's mutual," she says. After all, some friends just naturally drift apart.

But if the split comes as an unpleasant surprise to one of the parties, says psychotherapist Kimberly Moffit, "the friend is left wondering why they're being avoided."

In that case, a discussion is the respectful way to go. It also opens an avenue for making amends: "You're giving your friend the opportunity to correct what's wrong in the relationship," says Moffit.

If you take a direct approach, Bonior suggests borrowing words from your romantic life: "Something like, 'I know you've noticed I haven't been able to spend time with you

lately. I value our time as friends, but I can't give what I used to.'"

Step 4: Grieve and Rebuild

"We may feel silly about having an emotional reaction," says Bonior. "But even if you've initiated [the split], you can expect to feel sad about it. Let yourself mourn." She advises consolidating your feelings in your mind, or in a journal, so you can sidestep the same patterns in the future.

Once you've got a handle on the emotional fallout, it's time to expand your social circle. By putting your effort into meeting new people, you may just develop a deep, meaningful friendship to last a lifetime. **R**

** Name has been changed.*



HOW TO BE A SUCCESSFUL BADDIE, PART ONE

Have you ever found yourself rolling your eyes at a movie villain, thinking, *How could you be so stupid?* Film buff Peter Anspach has devised a list of how he'd run things if he were in charge:

- My ventilation ducts will be too small to crawl through.
- When I've captured my adversary and he says, "Look, before you kill me, will you at least tell me what this is all about?" I'll say, "No," and shoot him. No, on second thoughts, I'll shoot him then say, "No."
- One of my advisers will be an average five-year-old child. Any flaws in my plan that he's able to spot will be corrected before implementation.
- If I'm eating dinner with the hero, put poison in his goblet, then have to leave the table for any reason, I will order new drinks for both of us instead of trying to decide whether or not to switch with him. FROM EVILOVERLORD.COM

All in a Day's Work

HUMOUR ON THE JOB



"And where do you see yourself six lives from now?"

A WIN'S A WIN

We took our two teenage sons to a restaurant that was packed with fans watching a sporting event on TV. The harassed waitress took our order, but 30 minutes later there was no sign of our food. I was trying to keep my boys occupied when suddenly shouts of victory erupted from the bar.

"You hear that?" said my 13-year-old.
"Someone just got their food."

SUBMITTED BY
JENNIFER BISHOP

CLOSED LOOP

My husband recently answered his phone at work and heard a telemarketer on the other end start a familiar pitch about upgrading his computer software. A few seconds later the other office line rang and it was another cold caller, this one trying to sell life insurance.

"Just a moment," my husband said, and pushed the conference-call button connecting the two lines together.

SUBMITTED BY T. O'BRIEN



QUARTER MASTER

I ordered a foot-long roll from a sandwich bar in town for myself and my friends. There were four of us, so we decided one long roll would be cheaper than buying four individual ones.

I asked the assistant, "Would you cut it into four, please?"

"I can't do that," he replied.

"Why not?" I asked.

"Because I've already cut it in half," he said.

SUBMITTED BY CATHERINE HISCOX

CUT PRICE

My brother Edward went into the barbershop to have his hair trimmed. Enquiring about the price, he was told it would be \$30.

"It can't be," protested Edward, "I'm nearly bald!"

"Well it's \$10 for the cut and \$20 for my search fee," came the response.

SUBMITTED BY JILL COHEN

LACK OF FORESIGHT

My husband was a tour guide for a 16th-century castle just near Leuchars airfield in Fife, Scotland. One day, while speaking to a group of American tourists, a jet plane flew overhead. The noise was very loud and prompted one of the party to comment that he couldn't understand why the castle had been built so near an airfield!

SUBMITTED BY SYLVIA H. THOMSON



GREAT OUTDOORS

What are the wildest things national park guides contend with? Questions from tourists, like these:

- Would the lightning be faster if it didn't zigzag?
- How much does Mount McKinley weigh?
- What do you do with the snow when it melts?

Source: msn.com

POLES APART

I phoned a local restaurant to ask if it was on the north or south side of Main Street. The person on the other end answered, "That depends on which direction you're coming from."

SUBMITTED BY PATRICIA THOMPSON

PRONE TO PANIC

Among the questions on the job-application forms I handed out at our factory was one asking whom to notify in case of an accident. One job seeker wrote, "Anybody in sight."

SUBMITTED BY JACK WORTHINGTON



DRAMA IN REAL LIFE



Alex Vega



Víctor Zamora



Carlos Barrios



José Henríquez



Daniel Herrera



Esteban Rojas



Edison Peña

Almost 800 metres underground for 69 gruelling days, 33 miners hang on to hope. The incredible true story of their ordeal ...

BURIED ALIVE!

BY HÉCTOR TOBAR FROM THE BOOK *DEEP DOWN DARK*



José Ojeda



Juan Carlos Aguilar



Darío Segovia



Mario Sepúlveda



Omar Reygadas



Osman Araya



Carlos Bugueño



Carlos Mamani



Claudio Acuña



Claudio Yáñez



Richard Villarreal



Florencio Ávalos



Franklin Lobos



Yonni Barrios



Juan Illanes



Renán Ávalos



Luis Urzúa



Mario Gómez



Pablo Rojas



Pedro Cortez



Raúl Bustos



Jimmy Sánchez



Víctor Segovia



Ariel Ticona



Jorge Galleguillos



Samuel Ávalos

THE RAMP, the main tunnel in the San José Mine in Chile's Atacama Desert, begins about 1500m above sea level near the top of a round, rocky mountain. From the five-by-five-metre entrance, the Ramp corkscrews into the mountain through a series of gradually narrowing switchbacks. Men driving dump trucks, front loaders and pickup trucks use the winding path to gather minerals collected by the workers who mine small passageways for ore-bearing rock.

On the morning of August 5, 2010, some men are working almost 800m below the surface, loading freshly blasted ore into a dump truck. Another group works about 30m above them, fortifying a passageway, while still others are resting in the Refuge, a room carved out of the rock some 700m down. The Refuge, with its cinder block walls and heavy metal door, was supposed to be a shelter in the event of an emergency, but it also serves as a break room; fresh air is pumped in from the surface to offer respite from the heat.

A little after 1pm, Franklin Lobos is driving a pickup truck down to the Refuge, where a group of miners waits for a ride up to the surface for lunch. Another miner, Jorge Galleguillos, is riding with Lobos when, at about 600m below the surface, he suddenly says,

"Did you see that? A butterfly."

"What? A butterfly? No, it wasn't," Lobos answers. "It was a white rock."

"It was a butterfly," Galleguillos insists.

Lobos can't believe a butterfly would flutter this far down in the dark. But he doesn't argue. Suddenly, the two men hear a massive explosion. The passageway fills with dust as the Ramp collapses behind them, hitting the men as a roar of sound, as if a massive skyscraper is crashing.

Below them, the blast wave throws open the door to the Refuge, and the miners waiting on the Ramp for the lunch truck run into the room. Soon about two dozen men are huddled inside as the mountain caves in on itself. After a few minutes, as the noise dies down, the men decide to run for safety, heading out to the Ramp to try to scramble to the surface.

Luis Urzúa, the shift manager, and Mario Sepúlveda, who is operating a front loader, are near the Refuge when they hear a crash and feel the pressure wave that passes through the tunnel. Florencio Ávalos, Urzúa's assistant, pulls up in a pickup truck and tells them that the mine is collapsing.

The three men quickly drive to the Refuge to pick up anyone there on lunch break, but the room is empty. Then they head downhill because they know there are workers deeper in the mine. It's Urzúa's responsibility to get every man out.

About 45m below the Refuge, Mario

Gómez and Omar Reygadas, two mining veterans, are loading gold-and-copper-laden rock into the back of a truck. They both feel a burst of pressure, but Reygadas just thinks the shift supervisor has ordered some routine blasting. When their truck is loaded, Gómez begins to drive toward the surface but gets only about 100m before hitting a thick cloud of dust. Soon he can see only a metre or so in front of his vehicle. He points his steering wheel straight, driving blindly. Then Urzúa appears in front of him, gesturing for them to stop.

Gómez and Reygadas jump into the pickup, and Ávalos manages to drive back up to the Refuge. The men trying to escape during a lull in the explosions have now retreated to the Refuge. When they see the truck, they rush toward it, squeezing into the cab and jumping into the back. "Go! Go! Let's get out of here!" At the wheel, Ávalos heads toward the surface.

The truck sags under the weight of the men. When the dust once again becomes too thick to see through, Mario Sepúlveda gets out and walks ahead with his torch, guiding Ávalos forward. They meet up with several mechanics who have been working higher up in the mine, and they, too,

climb aboard. Advancing farther into the dust, they meet the truck coming down with Franklin Lobos and Jorge Galleguillos.

Sepúlveda shines his light on the two men and sees the blood-drained look of mortal fear. Lobos and Galleguillos recount the collapse they just escaped. Then Urzúa orders them

to turn around, and they all head higher up the spiral, more debris appearing on the roadway of the Ramp, as if they are getting closer to the scene of a battle.

Eventually rocks block their way, and the men get out and walk. Adrenaline and a vision of the midday sun at the top of the Ramp urge them up

the arduous climb. They follow the lights of their headlamps and torches until the beams strike the grey surface of a stone slab. After the dust settles, the full size of the obstacle becomes apparent. The Ramp is blocked, from top to bottom and all the way across, by a flat, smooth sheet of the mountain, as tall as a 45-storey building and weighing 625,000 metric tonnes.

“

**THE SHIFT
LEADER FEELS
HIS HOPE
FADE,
LEAVING A
COLD, CLEAR
VISION OF
THE FUTURE**

No Way Out

AT 1.65M TALL, Alex Vega is the smallest of the miners. He slithers on his stomach and stares

into a tiny opening beneath the immense grey stone. Vega tells the men he thinks he can squeeze through.

“No,” Urzúa says. He thinks it’s a crazy thing to do.

But Vega insists, and finally Urzúa tells him, “Just be careful.”

Vega squeezes his small frame into a crevice of jagged rock. With his lamp in hand, he crawls about 3m into the crack, until he can advance no farther.

“There’s no way through,” Vega announces after he crawls out.

First Few Hours

For some of the older miners, the sight of the stone and Vega’s words bring an overwhelming sense of finality. Some have been trapped in mines before, by rock falls that a bulldozer could clear in a couple of hours. But this grey wall is different.

Galleguillos thinks he’ll never see his new grandson, and he feels tears running down his cheeks. Gómez, who lost of his two fingers in a previous accident, realises that he’s pushed his luck too far – first his fingers, now his life.

The trapped miners turn their backs on the curtain of stone and split into two groups. Eight men search the

mine’s matrix of tunnels for a passageway to the surface. The main purpose of these shafts is to allow air, water and electricity to flow into the mine. They are supposed to be fitted with ladders to provide an escape route, but the San José Mine is a shoestring operation. The owners have cut costs by ignoring some of the safety measures, meaning only a few of the chimneys have ladders.

The rest of the group heads back to the Refuge. As the two groups split up, Florencio Ávalos, the second in command, quietly tells one of the older miners, “Take care of the provisions. Don’t let the miners eat them yet, because we may be trapped for days.” He speaks very

quietly because he doesn’t want to panic the men.

At the Refuge, the miners note that the connections to the surface – the electricity, the intercom system, the flow of water and compressed air – have been cut. The first few hours pass slowly, punctuated by rumbling stomachs and the continuing thunder of rocks falling somewhere in the dark spaces beyond the weak, warm light of their headlamps.

Meanwhile, the eight-man escape expedition drives a jumbo lifter to the chimney, opening a hole in the

“ THE SAN JOSÉ MINE’S OWNERS HAVE CUT COSTS BY IGNORING SOME OF THE SAFETY MEASURES

ceiling. Raising his head into the hole, Sepúlveda is surprised to see a ladder, built from pieces of rebar drilled into the rock. He begins to climb, with Raúl Bustos behind him. The dust makes it hard to breathe, and the walls are slippery with humidity. Halfway up, one of the rebar rungs breaks off, and the metal strikes Sepúlveda in the front teeth, sending a rush of blood into his mouth. He shakes his head in pain but keeps going.

Sepúlveda reaches the top of the chimney and sweeps the beam of his flashlight across the blackness. He stands up, and when Bustos reaches the top, they walk up the Ramp, hoping that after the next curve in the spiral, the route to the top will be open. Instead their light beams strike the shiny, smooth wall blocking their way. Sepúlveda feels the hope draining from his body, leaving him with a cold, clear vision of what is happening to them.

The two men turn and walk downhill, past the chimney they just scaled, and go around another curve to find the same grey wall blocking their path again. When they look for the next chimney opening, the one that might lead them up to a higher level, their torches reveal that in this one, there is no ladder at all.

"This way isn't going to work," Sepúlveda says. "What are we going to tell *los niños*?" (The boys).

"Let's tell them the truth," Bustos says.

The Search for Hope

At the bottom of the chimney, Sepúlveda and Bustos deliver the news to the small group of men. The Ramp is blocked on other levels too. There is no way out.

The men look at Urzúa, the shift supervisor, but he says nothing. He looks drained and defeated. He knows that men are sometimes buried alive in mines and eventually die of starvation. And he knows that after six or seven days, if the rescuers don't find you, they usually give up. He'd like to say something to give his men hope, but he refuses to lie to them. So he says nothing. Later, at the Refuge, Urzúa announces to the men that he is no longer their boss. They're all stuck together, he says, and they should make decisions together.

Sepúlveda has a different attitude. His life has been one struggle after another – his mother died delivering him, and he grew up one of ten children of a hard-drinking father. Fighting to stay alive is when he feels most like himself. And so, despite his lack of standing in the mining hierarchy, Sepúlveda tries to take control of his own fate and that of the men around him with optimism and a focus on survival. When Urzúa and Sepúlveda and the men from the failed escape attempt arrive at the Refuge, they find a scene of disarray. Some of the hungry men

have broken into the food supplies and grabbed packages of cookies and cartons of milk. They're sitting in the darkness, crumpling plastic wrappers and chewing cookies.

"What are you doing?" Sepúlveda says with his raspy voice. "Don't you realise we might be down here for days? Or weeks?"

Then he and Bustos reveal the truth about what they learned higher up in the mine. They are trapped. There will be no easy escape or rescue.

Sepúlveda leads a tally of what is inside the emergency cabinet – cans of peaches, peas, and tuna, along with 24L of condensed milk and 93 packages of cookies. But the men will not die of dehydration. There are several thousand litres of water in nearby tanks, to keep the engines cool. The water is tainted with small amounts of oil, but it is still drinkable.

A few men go back up to the caverns to try to alert people on the surface to the presence of men below – honking the horn of a front loader, banging the arm of the machine against the wall. They hear nothing in return.

Around 10pm, the men in the Refuge begin looking for a place to

lie down. Omar Reygadas, a widower, thinks about his children and grandchildren. He begins to cry, so he steps out of the Refuge. He finds a front loader on the Ramp and sits inside, remembering the moment of collapse. Tons of rock have fallen, yet no-one is

hurt. He thinks it carries a hint of the divine.

Meanwhile, Urzúa has surrendered his authority, but he has not given up completely. Some of the men are restless and go back to the base of the chimney that Sepúlveda and Bustos climbed. They set fire to an oil-soaked air filter and a small tyre, hoping the smoke will drift up and reach the

surface, sending a signal that there are living men below.

They use a front loader to try to move the rocks in some of the galleries. Maybe if they clear a space, there will be an opening that leads upward. But every time they lift out rocks, more fall from the top of the pile.

At noon on the second day, all 33 men gather as Sepúlveda divides and distributes their daily "meal" – one teaspoon of canned fish mixed with water, and two cookies for each man. That single meal at noon, containing fewer than 1250kJ, has to hold them until the next day.



**A BITE OF
CANNED
FISH AND
TWO
COOKIES
MUST HOLD
EACH MAN
UNTIL THE
NEXT DAY**

Surviving Underground

On the day the miners are trapped, men on the surface hear the explosions and see the dust spewing out from the mine entrance. One rescue team descends in a pickup truck until, about 450m below the surface, the men come to the flat grey mass of mountain blocking the Ramp. Another team brings ropes and pulleys to descend into the chimneys, but at each level, they find the same obstruction.

Calls go out to the local fire department, the National Geology and Mining Service, and the disaster office of Chile's Ministry of the Interior. The mining company puts off contacting the families of the men, but wives and girlfriends and parents and siblings soon find out and congregate at the mine. Several times during the first few days, the mountain rumbles as if it is going to explode again.

Underground, the miners huddle inside the relative safety of the Refuge, making the heat and humidity even worse. The room fills with the smell of their sweating, unbathed bodies. They have no idea how long they'll be down there, so they must conserve the water. It is too precious to use for bathing.

To keep from feeling hopeless, they talk and joke and tell stories.

One miner, Víctor Segovia, starts a diary. "There is a great sense of powerlessness," he notes. "We don't know if they're trying to rescue us, because we don't hear any machines working."

Another miner, José Henríquez is a devout Evangelical, and he leads the men in prayer. "We aren't the best men, but Lord, have pity on us," he says. They kneel and ask God to guide their rescuers to the tiny room where they are waiting.

Henríquez also has a mobile phone. There is no service, but the men can use the phone to record events. Mario Sepúlveda narrates a short video of the men making a meal. "Tuna with peas!" he announces. "Eight litres of water, one can of tuna, some peas. So we can survive this situation."

After the meal, a few of the men get excited because they say they can hear the sound of distant drilling. "It's a lie," someone replies. "You can't hear anything."

The discussion goes back and forth, until even those who say they felt that faint and possibly imaginary vibration concede that it has stopped, or has disappeared, or may have never existed.

Segovia writes in his diary that the men feel the monster of "insanity" welling up inside them. Four days underground now. He draws stick figures of the men lying on the ground; he lists the names of his five daughters and of his mother and father and himself and then circles

a heart around them. "Don't cry for me," he writes.

At 7.30pm on August 8, some 78 hours after being trapped, Segovia records the sound of something spinning, grinding and hammering against the rock. A drill.

"Do you hear that?" Sepúlveda shouts. "What a beautiful noise!"

"Those drills can make 100m a day," says one of the miners.

Everyone does the maths. It will be another five or six days, if nothing goes wrong.

Desperate Drilling

The first drill platform arrives at the mine on

August 8, on a vehicle as long as a petrol tanker. The rescuers consult the blueprints for the mine and begin drilling for the Refuge. The grinding and pounding spit a cloud of dust from a chimney pipe and send a flow of wastewater over the ground. Nearby, other teams begin to drill as well.

Eventually nine drills will be working – rescuers are firing nine bullets at the target, hoping one will hit. A borehole to the Refuge would allow rescuers to

deliver supplies to the trapped miners.

By this time, all of Chile is watching. The country's president puts his minister of mining in charge of the rescue effort, and the president himself makes a visit to the mine. The drilling proceeds for a fourth, fifth and sixth day. Shrines arise on the mountain, built by family members, with candles affixed to the rocks. Prayer is their only defence against the growing sense of hopelessness and finality.

The night of August 15, the miners' 11th day underground, a drill hits an open space 503m below the surface but still about 200m above the Refuge. All the drills are halted as rescuers put their ears to a steel pipe they've lowered into the shaft. They hear a rhythmic noise, a tapping. A camera is

sent down the borehole.

There is nothing. Just a space of empty rock. The tapping sound? The power of suggestion. They want someone to be down there, and so they hear things that aren't there.

The days pass, and pessimism grows. Some people say the miners are all dead. Others report strange occurrences – claiming

to see spirits of the 33 men wandering around the neighbourhood.

In the Refuge, some of the men play checkers with a set crafted from pieces

**BY NOW, ALL
OF CHILE IS
WATCHING.**

**ITS
PRESIDENT
MAKES A
VISIT TO
THE MINE**

of cardboard. They all tell stories; they talk about food. They conclude that if they die, their families might get between \$80,000 and \$120,000, or nearly a decade's worth of wages for an average Chilean worker.

The drilling grinds on and then stops, often for hours at a time, leaving a cruel silence. Some men decide they can't just sit and wait for the drills to reach them. The rescuers will eventually give up without a sign of life from below, the miners reason. So they renew their efforts to send a message to the top. They collect some dynamite and some fuses and walk up as high as they can. They wait for the drilling to stop. Then they light the fuse. The dynamite explodes – but they are 700m underground. How could anyone on the surface hear?

On August 16, the 12th day underground, Segovia notes in his diary the signs that they are losing hope: “Hardly anyone talks anymore. The skin now hugs the bones of our faces, and our ribs all show, and when we walk, our legs tremble.”

Their metabolisms are slowing down. Even the most energetic among them are sleeping longer than normal, and there is a haze drifting over their thoughts. Several men experience a strange side effect of prolonged hunger: their dreams and nightmares are unusually long and vivid.

On the 16th day, the men share their last peach. Several men start writing farewell letters, in the hopes that a

rescuer might one day find their final message. They are starting to feel weak. For some, it seems as if the next time they fall asleep, they might not wake up. Some need help to stand up and walk down the Ramp to go to the bathroom. The older miners, especially, are beginning to resign themselves to their fate. Only Omar Reygadas keeps insisting, “They’re coming for us.”

On the 17th day underground, the men hear another drill getting closer, the *rat-a-tat-tat* sound getting louder, holding the promise of either liberation or another disappointment. Segovia can't allow himself to believe the drill will break through. Instead, he asks Sepúlveda, “What do you think dying is like?”

Sepúlveda says it's like falling asleep. Peaceful. You close your eyes; you rest. All your worries are over.

A Breakthrough

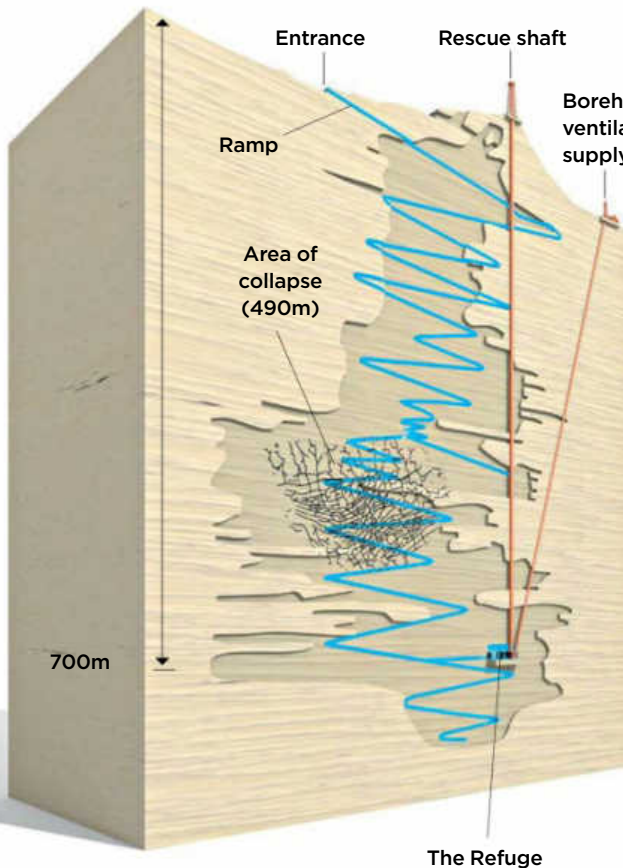
At 6am on August 22, several men on the drill platform are asleep. But one driller notices something odd – the steel tube is starting to stutter. Suddenly the dust coming out of the chimney stops, and the pressure gauge drops to zero. He stops the drill.

Far below, there is a small explosion just up the tunnel from the Refuge. The grinding stops, and there is a whistling of escaped air. Two miners run toward the noise. They see a length of pipe protruding from the rock. A drill bit

ANATOMY OF A RESCUE

Once a plan was in place, it took a 41 metric tonne drill more than a month to complete the nearly 800m rescue shaft. On October 12, 2010, Florencio Ávalos was the first miner to reach the surface in the capsule – painted white, blue, and red, the colours of the Chilean flag.

SAN JOSÉ MINE



PHOENIX 2 CAPSULE



The capsule contains oxygen and a communications system

lowers and rises and lowers again.

One miner begins pounding with a wrench on the pipe protruding from the ceiling. He strikes it against the pipe with joy and desperation. We're here! We're here!

Soon all 33 miners gather around the pipe and the drill bit, embracing and weeping. José Henríquez, who, after 17 days underground, has been transformed into a shirtless and starving prophet, looks at the drill bit and pronounces to everyone:

"Dios existe," he says. God exists.

Up above, the drill operator feels the pulse in the steel and puts his ear to the shaft. He hears a frantic tapping. "It's them!" he calls out.

The other drills on the mountain stop. Calls go out to Chilean officials. The drill team raises up the bit and removes the steel tubing from the shaft. The miners have painted the bottom of the tube. A note announces: "We are well in the Refuge. The 33."

A camera and a microphone are lowered into the borehole, and soon the sound of the miners cheering and yelling comes over the speakerphone on the surface. The next tube lowered down contains small bottles of

a glucose mixture. A note warns the miners not to drink it too quickly, but of course the men swallow it in one gulp, and several feel their stomachs cramp up painfully.

More glucose is sent down, along with medicines and eventually real food. Then the miners receive the first letters from their families.

On August 30, 25 days after the miners were trapped, the rescue team begins drilling a rescue hole. The plan is to excavate a 38cm pilot hole, then widen it to 71cm – room enough for a small capsule to bring the miners up one at a time. Because of the group's location and the danger of another collapse in the

100-year-old mine, the rescue could take months. "God willing," Chilean president Sebastián Piñera tells the men, "we'll have you out before Christmas."

The Nightmare Ends

Sixty-nine days after the miners were buried, on the night of October 12, rescuer Manuel González descends in a capsule to

“
**THE DRILL
OPERATOR
FEELS THE
PULSE IN THE
STEEL AND
HEARS A
FRANTIC
TAPPING.
“IT’S THEM!”
HE YELLS**

Former pro soccer player Franklin Lobos, in the blue helmet, was the 27th miner to emerge



coordinate the evacuation. Florencio Ávalos is the first to go up. "We'll see each other up on top," he tells the other miners as he enters the cage. Ávalos rises through the shaft. It takes 30 minutes to get to the surface.

By the end of the next day, all 33 buried miners are brought to the surface. Rescuer González is the last man out. None of the men sustains serious injury, though most of them suffer lingering psychological and emotional issues – nightmares, depression and alcohol abuse.

Today, most of those problems have begun to heal. The men received pensions from the Chilean government, enough that the older men could retire. Most of the younger miners are

NONE OF THE MEN SUSTAINS SERIOUS INJURY, THOUGH MOST OF THEM SUFFER PSYCHOLOGICAL AND EMOTIONAL ISSUES

back to work, though, several in above-ground jobs with the national mining company; one is a truck driver, and another has a fruit business.

None of the miners got rich from their adventure or the publicity surrounding it. But they are all still alive. **R**

Even while still buried, the miners all agreed that if by some miracle any of them escaped alive, they would share their story only collectively – so that none of the 33 could individually profit from the experiences of the others. They chose Héctor Tobar, a Spanish-speaking, Pulitzer Prize-winning writer at the *Los Angeles Times*, to hear and tell that story. In October 2014, he published an official account, *Deep Down Dark: the Untold Stories of 33 Men Buried in a Chilean Mine, and the Miracle That Set Them Free* (Farrar, Straus and Giroux), from which this extract is drawn.

EDITED EXTRACT FROM *DEEP DOWN DARK: THE UNTOLD STORIES OF 33 MEN BURIED IN A CHILEAN MINE, AND THE MIRACLE THAT SET THEM FREE* BY HÉCTOR TOBAR, © 2014 BY HÉCTOR TOBAR, PUBLISHED BY FARRAR, STRAUS AND GIROUX, LLC, US.MACMILLAN.COM/FSG

Puzzles

See page 120

All Shapes and Sizes



Number Search

9	8	7	6	4	9	8	7	6	9	8	7	6
8	9	4	5	9	6	7	6	4	8	9	6	4
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5	4	6	8	9	8	7	8	9	6	7	8	9

Do the Maths

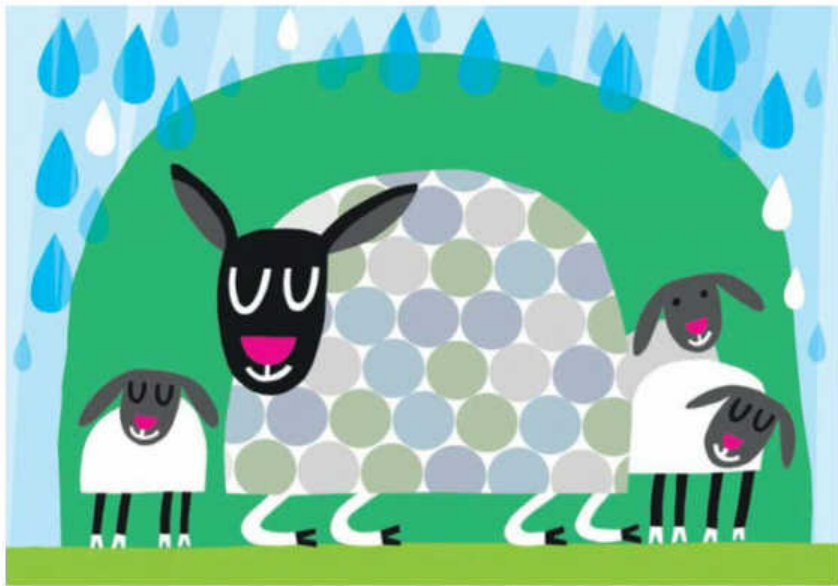
$$\sqrt{25 + 5} - 9 \times 32 \div 8 = 4$$

Triangles 37

Hidden Meaning

- A. Rock bottom
- B. The second time around
- C. Middle age spread

Smart Animals



In the animal kingdom, the mothering instinct runs powerfully, regardless of the species

No Bleating Around the Bush

WENDY WARD

One evening early in spring I went to check on our flock of sheep. Some of the ewes had already lambed and I had put the flock in a paddock near the house for a fresh bite of grass.

The weather forecast was for cold, southerly winds later that night. As the paddock offers little shelter, I moved

the ewes and lambs out. However, one ewe, Lol, wouldn't budge. I managed to get her on her feet but she lay down again. Then it clicked. Lol was about to lamb. I left her alone but checked on her from a discreet distance.

She moved herself into a dense patch of stinging nettles and not long afterwards two lambs were born. Lol is an experienced mother so I let her clean up the lambs.

ILLUSTRATION: BECK WHEELER

Soon the lambs were standing on wobbly legs searching for Lol's milk. I decided to move the lambs under a nearby tree for shelter as I was worried that the new family was still in the midst of the nettles. Lol followed me to her lambs. I then went indoors.

Coming back 15 minutes later, I noticed that Lol had moved her twins back to the stinging nettles. I moved them again – only to watch as Lol moved them back.

During the night the southerly wind howled down our valley. Concerned, I woke early and went out into the paddock. The lambs were curled up cosy and warm. The nettles had provided a thick barrier against the wind. Did Lol have a smug smile on her face? She knew what was best for her newborn lambs.

Aunty Trudy Adopts

MURIEL ADAMS

Years ago when living on a large property, my neighbours, Alan and Elise had the most remarkable experience. Their lovely three-year-old Kelpie dog named Trudy, who had never had pups of her own, had a phantom pregnancy. As a result she came into milk.

With no pups to feed, Trudy quickly drew the interest of a family of four kittens that had been recently weaned. They wasted no time attaching themselves to her.

Trudy didn't mind at all and was regularly seen sitting up on the porch in an old chair suckling the kittens. Judging from the purring sounds that could be heard, the kittens were very content and even at age four months were still enjoying a snack.

CLASSIC FAVOURITES: DUTY OF CARE

Xena, a German shepherd, was a failed narcotics detector dog, who came to us when she was about 19 months old. At first, she thought she was the leader of the pack and thought of my six young children as her babies – nipping their ankles. Once she had worked out her rightful place, however, she took her role as the family protector very seriously.

She would bark each time the children went through the gate into the front yard to tell me that they were outside. When she learnt that they were allowed to be there, she relaxed a little. If a neighbour stopped to talk to the kids, Xena let out a different bark to tell me that all was not well. I'm so pleased that Xena failed her police training – she is a very important part of our family.

WENDY WILLIAMS, *first published in October 2009*

You could earn cash by telling us about the antics of unique pets or wildlife. Turn to page 6 for details on how to contribute.

MOVIE DIGEST



White dog: Kai the Maremma and Shane Jacobson

ODDBALL Family

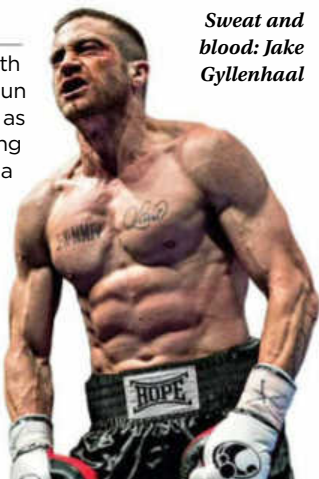
You can be forgiven for being a little doubtful when it comes to a movie about an eccentric chicken farmer and his dog called Oddball. But read on. *Oddball* is the true story of Allan “Swampy” Marsh (Shane Jacobson) and his Maremma sheepdog. Swampy enlists the help of his granddaughter to train Oddball to protect a colony of endangered Little Penguins from local foxes. Oddball’s timely success sees him become a frontrunner for Maremma dogs being used to protect other endangered Australian wildlife. Oddball (Kai, the fluffy, white Maremma) is quite the scene-stealer. If you loved *Red Dog*, you’ll adore this inspirational movie.

SOUTHPAW Drama

This is the story of a left-handed boxer who leads with the right hand – and if you’ll pardon the obligatory pun – it packs a mighty punch. Jake Gyllenhaal is superb as Billy “The Great” Hope – a World Middleweight Boxing Champion – who at the height of his career endures a devastating personal tragedy.

Salvation lies both inside and out of the ring thanks to Billy’s boxing trainer Titus Willis (Forest Whitaker), who helps him regain the trust of those he loves. This film is less a *Rocky*-style triumph and more about the struggle against the self seen in *The Wrestler*.

Sweat and blood: Jake Gyllenhaal



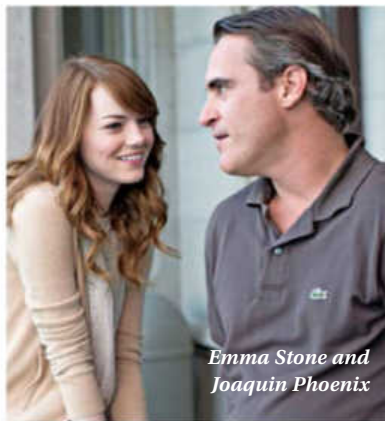


EVEREST *Adventure, Biopic*

Back in May 1996, writer Jon Krakauer took part in an expedition to the summit of Mount Everest that was to change – and nearly end – his life. *Everest* is based on Krakauer's best-selling book *Into Thin Air* in which he and two groups of climbers struggled to conquer the world's highest peak. In a part of the world not designed for humans, the climbers manage to survive an avalanche during their ascent, only to be caught up in one of the most violent storms ever recorded on the mountain. Starring Jake Gyllenhaal, Jason Clarke and Keira Knightley and shot partly on location in Nepal, this breathtakingly convincing 3-D adventure will set your spine tingling. Not for the faint-hearted or heights-fearing moviegoers among us!

IRRATIONAL MAN *Mystery*

Woody Allen fans take note: this is yet another portrayal of relationships, guilt and control – all themes that seem to obsess this most prolific of filmmakers. This time the plot centres on a nihilistic and depressed philosophy professor, Abe Lucas (Joaquin Phoenix). Despite starting relationships with both an unhappily married colleague, Rita (Parker Posey) and a bright student, Jill (Emma Stone), he still can't shake his sense of despair. He decides murder will solve his conundrum. This one will have the audience wanting to cry out "No! No! Why? Why?"



Emma Stone and Joaquin Phoenix

Q: *In the famous shower scene of Alfred Hitchcock's 1960 Psycho what was used as fake blood?*



SHAUN THE SHEEP MOVIE *Family DVD*

This superstar among sheep will appeal to anyone not interested in following the flock. Shaun, the clever English sheep, decides to take a day off and gets far more action than he bargained for when the flock end up in the Big City. A mix up with the Farmer, a caravan and a very steep hill make for quite a challenge and it's all up to Shaun to see everyone return safely to the green grass of home.

Fans of the TV series won't be disappointed.



A: *Chocolate syrup.*

CLASSIC CINEMA FACTS

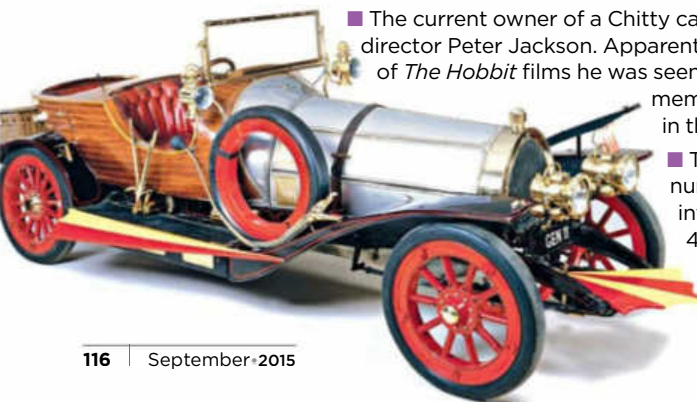
Chitty Chitty Bang Bang

■ James Bond creator Ian Fleming wrote *Chitty Chitty Bang Bang*, the story of an inventor who restores a magical, flying car for his children. The 1968 musical film's script is an adaption by children's author Roald Dahl and film director Ken Hughes and starred Dick Van Dyke.

■ The film used seven different Chitties: a worn-out one, a restored one, one for the flying scenes, one for the water scenes and three partial models for various other scenes.

■ The current owner of a Chitty car is rumoured to be director Peter Jackson. Apparently, during the filming of *The Hobbit* films he was seen driving cast members around in the car.


■ The catchy musical number "Toot Sweets" involved 38 dancers, 40 singers, 85 musicians and 100 dogs.



BOOK DIGEST



Marc Hagan-Guirey (aka Paper Dandy) is the master of **HORRORGAMI**

 (Laurence King Publishing). It's his own interpretation of kirigami, the art of folding and cutting paper to reveal silhouettes, mixed with a fascination with horror. He explains the source of the step-by-step project "Alien Abduction": "When I was a kid, my brother had a copy of *Mysteries of the Unexplained* published by Reader's Digest. That book provided a treasure trove of fantasies in which I would lose myself. On many occasions I convinced myself that I'd witnessed a genuine alien spacecraft, although when I was growing up in Northern Ireland in the '80s and '90s, the night sky was more likely to be filled with helicopters. That was irrelevant. I wanted to believe and I still live in hope."





"... We've always used the Malay word *kuali* in my family, instead of the Chinese *wok*. Where there are cooks, there are *kualis*, it's said. Most kitchens even have two – one for every day, one for feasts.

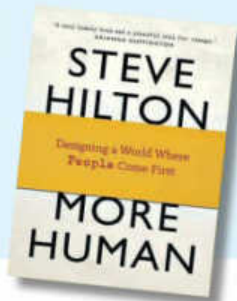
My mother's *kuali* is black-bottomed, corroded below, scoured shiny above.

How many eggs had cracked into the *kuali*'s sizzling bowl, how many showers of finely chopped garlic browned or burned in their two tablespoons of peanut oil, how many spumes of thick smoke arisen from how many pools of bubbling deep-fry? The *kuali* was already old when (my mother) inherited it, had already been scraped by countless *chi-chas*, what our family called those frying pan ladles for the *chi-chas* sounds they made. There was nothing special about it."

**EAT FIRST, TALK LATER:
A MEMOIR OF FOOD, FAMILY
AND HOME** by **Beth Yahp**
(Vintage)

Steve Hilton in **MORE HUMAN: DESIGNING A WORLD WHERE PEOPLE COME FIRST** (WH Allen): "... A child's path

is a little like steering a huge ship. Shifting 1 degree at the start is much easier than making a 90-degree course correction later on, hundreds of miles away from the harbour. For children, acting early to make sure they are on track means fewer kids will get into trouble as teenagers or young adults. It's a lot harder to help a delinquent youth or a dropout than it is to help a toddler."





“... Giving time to do what each person loves individually is key for a healthy relationship.

I like how marriage therapists Les and Leslie Parrot

describe the ideal couple in terms of levels of dependency and independency. Couples who have too much independence, who don't connect or rely on each other enough, have what they dub an “H” relationship. If the link is broken, both sides are fine on their own. On the other end of the spectrum is an “A” relationship. If that link is broken, both sides tumble. Ideal is the “M” relationship, in which each side needs the other, but they are also independent enough to stand on their own.”

Heidi Poelman in
THE 2 MINUTE MARRIAGE PROJECT (Familius)



Climate scientist **Chris Rapley** in **2071: THE WORLD WE'LL LEAVE OUR GRANDCHILDREN**

(John Murray)

“... Science cannot say what is right and what is wrong.

Science can inform, but it cannot arbitrate, it cannot decide.

Science can say that if we burn another half-trillion tons of carbon the carbon dioxide content of the

atmosphere will increase by another 100 parts per million, and that will almost certainly lead to a warming of the planet greater than 2°C, resulting in major disruption of the climate system, and huge risks for the natural world and human wellbeing.

But science cannot answer moral questions, value questions.”



“I can think of no greater happiness in life than to be surrounded only by the things I love.”

Japanese home-organisation guru
Marie Kondo in

THE LIFE-CHANGING MAGIC OF TIDYING

(Vermillion)



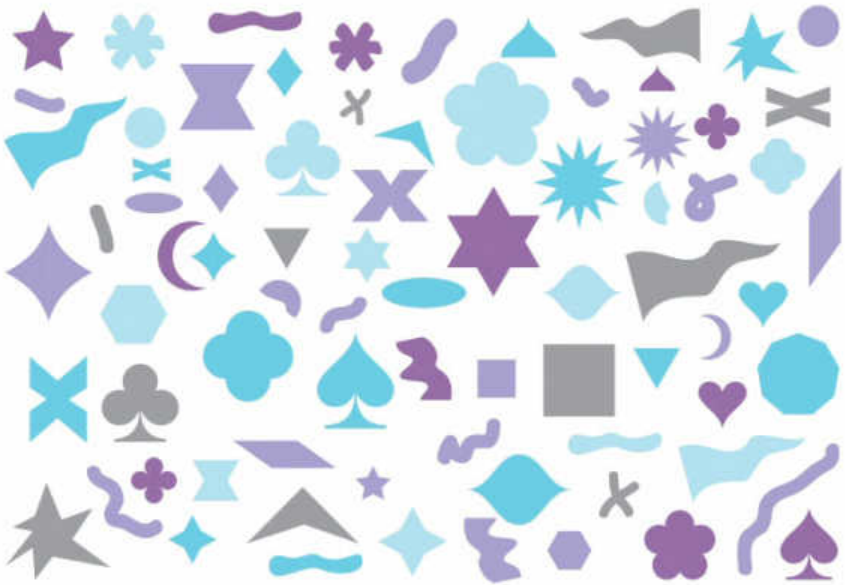
TEST YOUR MENTAL PROWESS

Puzzles

Challenge yourself by solving these puzzles and mind stretchers, then check your answers on page 111

All Shapes and Sizes

In this group of shapes, which is the only shape to appear twice in exactly the same colour?



Do the Maths

Use five mathematical symbols (+, −, ×, ÷, √) to complete the equation.

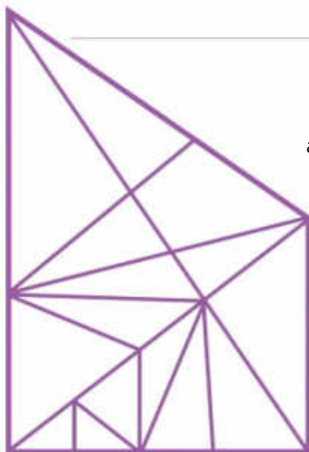
Note: you must use each one once and only once.

$$? \ 25 \ ? \ 5 \ ? \ 9 \ ? \ 32 \ ? \ 8 = 4$$

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8	9	6	9	8	7	6	5	4	4	6	7	8
5	4	6	8	9	8	7	8	9	6	7	8	9

Number Search

The number 987645 appears just once in this grid and occurs in a straight line, running either backward or forward in either a horizontal, vertical or diagonal direction. Can you find it?



Triangles

How many triangles are there in the figure below?

Hidden Meaning

Identify the common words or phrases below.

**TURF
SOIL
CLAY
ROCK**

A

**T
TIME E I
M**

B

AGE A G E AGE

C

Trivia

1. Are lines of latitude horizontal or vertical? *1 point*
2. Che Guevara, Roger Bannister and Arthur Conan Doyle were all qualified in what profession? *1 point*
3. By what two words beginning with A and B is an eggplant also known? *2 points*
4. How much greater in size than Earth is the Sun – 50, 100, 150 or 200 times? *1 point*
5. Which piece of clothing made news in 1797 when its inventor John Hetherington was arrested for wearing “a tall and shiny construction ... various women fainted, children began to cry and dogs started to bark”? *1 point*
6. Name the people behind the Cockney rhyming slang terms for: *Chin* (a swashbuckling actor); *Table* (two biblical brothers); *Ice* (a classic horror movie star). *3 points*
7. How many pieces does a player start backgammon with? *1 point*
8. What does the medical term MRI stand for? *1 point*



9. In what US state is Mount Rushmore? *1 point*
10. In what modern-day country was Xanadu, capital of the empire of Kublai Khan? *1 point*
11. What's the cube root of 125? *1 point*
12. What iconic national bird is the only avian species to have its nostrils at the tip of its bill? *1 point*
13. Match the assassinated leader with their killer: 1. Mahatma Gandhi. 2. Robert F. Kennedy. 3. William McKinley. 4. Leon Trotsky.
a. Leon Czolgosz. b. Nathuram Godse. c. Ramón Mercader. d. Sirhan Sirhan. *4 points*
14. Is the world's longest mountain range the Himalayas, the Rocky Mountains or the Andes? *1 point*

16-20 Gold medal 11-15 Silver medal 6-10 Bronze medal 0-5 Wooden spoon

ANSWERS: 1. Horizontal. 2. Medical doctor. 3. Aubergine; brinjā. 4. 100. 5. Top hat. 6. Errol Flynn; Cain and Abel; Vincent Price. 7. 15. 8. Magnetic Resonance Imaging. 9. South Dakota. 10. Mongolia. 11. 5. 12. Kiwi. 13. 1. b; 2. d; 3. a; 4. c. 14. Andes.

IT PAYS TO INCREASE YOUR

Word Power

Assume Nothing

Interpreting the thoughts and words of others can lead to all sorts of misunderstanding. Do you presume from vague premises? Or are you someone who never jumps to conclusions?

BY EMILY COX & HENRY RATHVON

1. waffle *v.* – A: to talk without purpose. B: press a point firmly. C: invent a wild story.

2. conjecture *n.* – A: group agreement. B: guess. C: optimistic outlook.

3. equivocal *adj.* – A: open to interpretations. B: firmly settled. C: in the form of a question.

4. corroborate *v.* – A: support with evidence. B: steal another's ideas. C: pretend to be sure.

5. allegation *n.* – A: proof. B: suspicion. C: claim.

6. precarious *adj.* – A: false. B: depending on uncertain circumstances. C: having foreknowledge.

7. expound *v.* – A: take back. B: state in detail. C: contradict.

8. intuition *n.* – A: instinctive

knowledge. B: formal teaching. C: logical paradox.

9. indubitably *adv.* – A: certainly. B: doubtfully. C: deceitfully.

10. bona fide *adj.* – A: with high hopes. B: genuine. C: in contention.

11. nebulous *adj.* – A: vague. B: all-knowing. C: making a breakthrough.

12. surmise *v.* – A: sum up. B: suppose on limited evidence. C: apply logic.

13. spurious *adj.* – A: sharply worded. B: false or deceitful. C: impossible to refute.

14. tentative *adj.* – A: forceful. B: all-inclusive. C: hesitant.

15. apocryphal *adj.* – A: mathematical or scientific. B: not fully developed, as an idea. C: of doubtful authenticity.

Answers

1. **waffle** – [A] talk without purpose. “Quit waffling: just tell me yes or no?”
2. **conjecture** – [B] guess. “Whether this ladder can reach that roof’s gutter is anyone’s conjecture.”
3. **equivocal** – [A] open to interpretations. “The umpire gestured, but his meaning was equivocal.”
4. **corroborate** – [A] support with evidence. “I can corroborate Amy’s excuse,” her mum said. “Here’s what’s left of her homework after Rufus got to it.”
5. **allegation** – [C] claim. “Please don’t believe the wild allegations that Adrienne is making about me.”
6. **precarious** – [B] depending on uncertain circumstances. “Everyone’s job is precarious in this poor economy.”
7. **expound** – [B] state in detail. “On the first day of school, Alex’s teacher expounded on the basics of physics to a befuddled classroom.”
8. **intuition** – [A] instinctive knowledge. “A good detective trusts her intuition on a case.”

DO YOU IMPLY OR INFER?

When you’re the speaker and you suggest something indirectly, you **imply** it. When you’re the listener and you draw a conclusion from what someone else says, you **infer** it. Example: If you say, “Everyone needs a good diet,” a friend might infer that you mean her. She might say, “What are you implying?”

9. **indubitably** – [A] certainly. “These footprints, Watson,” said Sherlock Holmes, “indubitably belong to the butler!”
10. **bona fide** – [B] genuine. “Yet again, our A-league soccer team is starting the season without a bona fide goalie.”
11. **nebulous** – [A] vague. “The point of rehearsing seemed nebulous to Jill until the recital started.”
12. **surmise** – [B] suppose on limited evidence. “From your white moustache, I surmise that you’ve been drinking my milk.”
13. **spurious** – [B] false or deceitful. “Tom Sawyer took a sick day using a spurious note from the doctor.”
14. **tentative** – [C] hesitant. “An infant’s first steps are always

tentative and awkward.”

15. **apocryphal** – [C] of doubtful authenticity. “The timetable for the 423 bus route has always been purely apocryphal.”

VOCABULARY RATINGS

5 & below: Tolerable
6-9: Sanguine
10-14: Indefatigable
15: Word Power wizard

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